

Robin Asbell is an author, educator and natural foods chef who creates delicious food that please the palate and nourish the body.

Robin worked her way up to chef in the whole grain baking and natural foods restaurant world, before starting her business as a food writer and private chef in 1995.



Since then, she has cooked in the homes of some of Minnesota's most distinguished citizens, published over a thousand articles in national magazines, and developed recipes for use in cookbooks, on websites, and in institutions.

Robin is a columnist for the *Minnesota Star Tribune* newspaper, and a regular on local television and national radio. She also travels to teach and spread the word about just how amazing real food can taste.

Robin is the author of ten other cookbooks, including *300 Best Blender Recipes Using Your Vitamix*. She resides in Minneapolis, Minnesota.