

How We Feed Our Minds.....

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Spanish Tit-Bits



Marbella's food scene is constantly evolving as well as local talent.

The focus on locally, organically produced food and the health scene is definitely growing. Bettina Campolucci Bordi started her food journey four years ago and is now an established food writer, blogger and has amassed a big following on instagram. Besides this she runs monthly workshops and freelances as a chef. Her main focus is on Plant Based foods that are also sugar free, gluten free and non processed. She teaches how to swap out staple ingredients to healthier ones whether you have intolerances, allergies or simply just want to embark on a cleaner lifestyle.

Bettina tells us *"Over the years I've met many people who acknowledge the benefits of eating natural plant based cuisine and want to make a change in the way they eat, the way they live, the way they feel. But all of them have had one thing in common – not knowing where to start. How, for example, do you combine non-animal foods to get the most nutrients out of plant based eating? What are the fail-safe recipes that you can knock out week after week without even really thinking? And what do you cook if you have a room full of friends to impress?"*

*I am here to help. Not only will I show you that this way of eating is easy, but that it is also quick, inexpensive and above all-you will feel amazing! I can vouch myself for the incredible effects of plant based eating. It has taken me awhile to get to-this point, (and I am still on a journey) but turning my eating habits around has changed my life. I suffered years of stomach problems – indigestion, ulcers before the age of 20 (I used to pop anti-acids like candy). Pain was-part of my day-to-day life. I didn't know what-**GOOD**-felt like."*

Don't take our word for it here are some extracts from Magazines Bettina has been quoted in: Conde Nast Traveller:-

"Healthy break wise, the best vegan chef out there is Bettina Campolucci Bordi, available to book for your villa holiday and talented enough to convert anyone to the delights of a plant based diet. "something known to be pretty unhealthy, such as a curry, can be good for you if made the right way", she says, "I base my curry paste on fresh turmeric, garlic and ginger, all fantastic for the metabolism. You should always combine turmeric with black pepper: it enhances its powerful anti-cancer properties."You will return home inspired and armed with with new recipes. I loved Campolucci Bordi's food and although I didn't remain vegan it was a real eye opener to the benefits of a purist lifestyle. At the age of 29 she cured herself of endometriosis and polycystic ovaries by eating the sort of food she now cooks. Check out her addictive Instagram account below."

– Conde Nast Traveller - The Spa guide 2015

"Bettina is a rare gem – a young and outrageously talented cook, self-taught, with inner passion and flare - who seamlessly mixes global flavours but at the same time produces food that is so wholesome and grounding that to taste it is to come home. All this, and there is also a purity to her magic – plant based recipes, no dairy, no wheat, no meat – just clean and authentic foods that bolster and nurture you both emotionally and physically. She is adventurous, she understands presentation, colour and texture, and she is at the forefront of all that is new, flavoursome and magnetically tasty. I love her food, and I love her as a person – she has depth, knowledge and an international outlook. Look out for her."

– Daisy xxxxxxxx

For more information or to just browse through some of her superbly presented meals please view below.

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https://instagram.com/bettinas_kitchen/

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