



# Bettina's Kitchen

Food is my Canvas



## Bettina Campolucci Bordi

A well-respected plant-based and gluten-free chef.

Bettina has trained and qualified as a vegan raw chef at the Matthew Kenney Culinary Institute based in Los Angeles. Her qualifications include: Nutrition, Plant Based foods level 1, & Superfoods. Her first cookery book, *Happy Food*, will be published by Hardie Grant in May 2018.

An expert on creating plant based and 'free from' recipes and solutions.

At 26, Bettina suffered a string of health issues. A visit to a gynaecologist confirmed that she suffered from Polycystic ovary syndrome and Endometriosis, and she was told that the likelihood of her ever getting pregnant was next to none.

Bettina began running health retreats (which are now into their sixth year) during which she started cooking plant-based, gluten-free cuisine for the guests. The menu was based around food she has a personal taste for. She also started researching natural ways of alleviating her symptoms. Seven months down the line she discovered she was pregnant. Bettina has witnessed first hand how certain eating habits and a few changes to her lifestyle can completely change your life.

A blogger and Instagram influencer.

Bettina has a 109k-strong Instagram following and curates her own [blog](#), where she provides easy, quick and inexpensive plant-based, meat-free, gluten-free recipes. She also prefers to use alternative sugars that comes from dates, coconut, honey and more.

She writes for a range of publications including [jamieoliver.com](#) and *Society* magazine, and has been featured twice for her culinary efforts in *Condé Nast Traveler*. She is a Super ambassador for Jamie Oliver's Food revolution and volunteers to educate children about food, where it comes from and how to cook it.

A long-standing foodie, with an impressive culinary heritage.

The daughter of a Norwegian father and a Danish/Bulgarian mother, Bettina also grew up in Tanzania so her culinary influences and traditions are manifold. Her family would celebrate Christmas with three festive feasts - the Bulgarian pre-Christmas tradition on the 23rd, the Norwegian on the 24th and the Danish on the 25th.

At the age of 11, Bettina's family relocated from Africa to Sweden where she struggled to adjust. She found solace foraging with her grandmother in the garden, and helping her to make jams, cordials and pickles.

Cooking has been a constant in Bettina's life, following her through her teens and into adulthood. She's run workshops, advised clients on food intolerances and allergies, consulted on recipes, launched pop-ups, hosted retreats around the world, and built a large, loyal Instagram following.

*"Bettina is a magician in the kitchen. Every day she conjures an amazing array of different flavours. Vegetables take centre stage, with curry, huge salads, cocktails, raw-courgette spaghetti drenched in pesto, seed crackers, corn pasta and ingenious sweet treats that are actually good for you, including a rich, silky chocolate mousse made with avocado. It never feels a deprivation."*

*~ Condé Nast Traveller*



*"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, flavorsome and magnetically tasty."* ~Daisy, **The Goodness Magazine**

[www.bettinaskitchen.com](http://www.bettinaskitchen.com)

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