



# Stina Spiegelberg

„The german kitchen fairy.“

Bild der Frau

„Star of the scene“

Stuttgarter Zeitung

„Vegan Queen“

OK! Magazine

„Vegan comfort food for any occasion “

Thrive magazine

„5 star cuisine for gourmets.“

Sweet Dreams



Growing up in France between croissants and eclairs, Stina is a great epicure since she can think. Cooking releases so many emotions for the renowned TV cook and is pure kitchen meditation for her. A game of senses for mind and soul.

Stina Spiegelberg changed her way of life to vegan in 2008 and not only turned her own life around. Her project Veganpassion, which began with an award-winning recipe blog, reaches hundreds of thousands of people today and encourages them to cook at home. Stina inspires - with pure plantbased ingredients! As one of the youngest award winners, she was awarded the Progress Award by PeTA and honored with the UNESCO campaign Ideen. Initiative. Zukunft.

In the meantime, Stina has become a renowned TV chef and coach, giving lectures on nutrition and environmental issues and advising companies on product development. In the campaign "Aktion Pflanzenpower" (project plant power) with ProVeg and the BKK Provita, Stina is committed to a healthy future at schools and public institutions. As co-founder of the Plant Based Institute, she sets new standards for vegan education and reaches interested private individuals as well as professionals. "Modern health awareness is only just beginning, because nothing is as seductive as colourful plantbased ingredients. The future turns green - be there!"

Books by

# Stina Spiegelberg

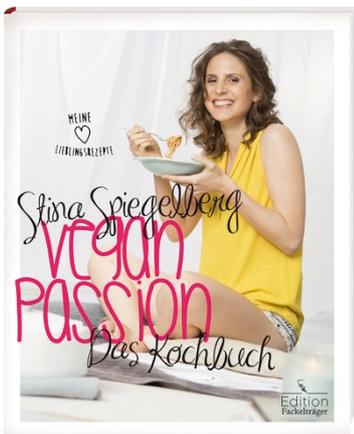
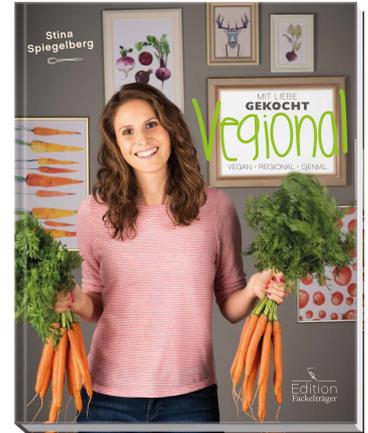
Let the "Vegan Queen" (Ok! Magazine, July 2016) inspire you to new ideas and experience a whole new "I"!

## Vegional – Mit Liebe gekocht ♥

ISBN 978-3-7716-4689-9

(hardback edition, 144 pages, Fackelträger Verlag, 20 Euro)

For this book, Stina borrowed grandmothers' ingredients to develop the colourful 2.0 vegetable cuisine. Exciting ingredients are available right on the doorstep - so why wander into the distance? We want her colourful fruit porridge, multicoloured pumpkin sandwich, chestnut-prune galley and light, airy apple-walnut ice cream! Healthy, delicious, fast - that's today's kitchen.



## Veganpassion – Das Kochbuch

ISBN 978 3771646 127

(hardback edition, 240 pages, Fackelträger Verlag, 24,95 Euro)

Young, modern and simply delicious, Stina presents over 120 seasonal recipes. Your favourite fruits and vegetables are portrayed, basic recipes make vegan cooking easier, and recipes based on occasions let us look forward to the upcoming summer party and the next Christmas menu.

## Gesund Backen mit Veganpassion

ISBN 978 3 942491 570

(hardback edition, 216 pages, Neun Zehn Verlag, 19,95 Euro)

Have you ever baked healthy? Colorful and appealing foods in bright colours with beguiling aromas. Food that makes you want to eat, cakes that are addictive. You want it? You got it!



## Veganpassion - Vegane Lieblingsrezepte zum Backen

ISBN 978 3 942491 334

(hardback edition, 304 pages, Neun Zehn Verlag, 24,95 Euro)

The large vegan baking book offers on more than 300 pages fantastic baking recipes for beginners to all-rounders. From almond tart to black forest cake - these recipes seduce, bewitch and make you addicted!

Instagram: @veggiestina

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[hello@stinaspiegelberg.com](mailto:hello@stinaspiegelberg.com)

# Proud moments

04/2010: The vegan **recipes blog Veganpassion** is launched

11/2011: Grand Prize in the Ideen.Initiative.Zukunft. (UNESCO) campaign

Since 01/2012: Articles and interviews in the **magazines**: Gala, Bild der Frau, Alverde, Freundin, Brigitte, Sweet Dreams, Kochen ohne Knochen, VEGAN,...

Since 2012: Cooking **courses** and catering at a high level

08/2012: Awarded the **Progress Award** (PeTA)

10/2013: VEBU rates vegan passion as the **best vegan baking book**

Since 06/2014: **Regular recipe series** in the magazine Küchenzauber (Panini)

Since 2014: **Training** of gastronomic establishments on vegan cuisine

Since 2014: **Recipe development** for well-known organic producing companies

Since 2014: **Cooking shows** at fairs and festivals (Veggie & Frei Von, Veggie) World, Feelwell-Festival, VSD, etc.)

Since 2014: **TV cook** at SWR "Coffee or tea?" and Pro Seven "Galileo".

Since 12/2014: Seminar leader for sustainable topics at **VW Autostadt**

Since 05/2015: Own **online baking school** on [www.jedes-essen-zaehlt.de](http://www.jedes-essen-zaehlt.de)

09/2015: **Panel discussion** on market development at the Vegan Congress

2015: **Posterised campaign** for Rapunzel Naturkost

Since 01/2016: **Regular column** in the magazine "Kochen ohne Knochen"

Since 01/2016: Cooperation with **BKK Provita** as vegan expert

04/2016: **Cooking shows** on ger/eng for Vegantravel

05/2016: **Coverstory** of the Vegan magazine "Kochen ohne Knochen"

07/2016: Certification as **Yoga Teacher** according to Krishnamacharya

Since 09/2016: patron of the project **Aktion Pflanzenpower** (ProVeg)

Since 2016: Foundation of the **Plant Based Institute** with renowned colleagues

May 2017: Publication of **cooking videos** for ECOVER

Since 2018: Large **campaign for Silikomart** ice cream moulds