

VIVA Vendor: Living Lotus Food & Nutrition (July 31st, 2013)

Today we are featuring Living Lotus & Food Nutrition who will be attending Viva Vancouver outdoor artisan market on Granville Street on August 3rd & 4th.

Do you suffer from dairy or gluten allergies? Or do you just have a healthy diet? Living Lotus Food & Nutrition can cater to your specific diet and indulge your sweet tooth at the same time. It's hard not to salivate as you see the work put into all of their hand made goods. All the desserts are prepared with plant-based ingredients and don't include such additives as gluten, dairy, refined sugar or soy. Not only are the desserts delicious, but they are healthy too.



A Blueberry Macaroon one of Living Lotus Food & Nutrition's many delicious desserts

Audrey Wong, who has a background in fashion, clothing and film, says "Making things is not a new concept for me. In a former life I made fairy wings for people and used to wear them around the city." In 2007 she was put on a very strict diet that made her feel like she was restricted from eating anything. She was already a vegetarian and not eating sugar and was given a list of even more foods she couldn't eat. "I was a little intimidated" she says "I didn't know how I was going to feed myself! Because I was working in the film industry, time to prepare meals was also a big factor." She came to the conclusion that her body was telling her something was terribly wrong and she "geeked out on all things gluten free!" It opened her eyes to a world full of alternatives such as gluten free cupcakes, pie and bread. She soon convinced her friends of the benefits, began selling loaves of home-made bread and started looking deeper into the principles of a plant based diet. After six years of educating herself about the gluten free world, she went back to school. She trained in plant based nutrition and culinary arts, eventually becoming a Whole Foods Educator. Her sweet tooth developed at the early age of six. She later grew an appreciation for desserts whilst she was working at a local pâtisserie.



Living Lotus Food & Nutrition's Audrey Wong at work

Audrey began her company Living Lotus Food & Nutrition, with the intention of introducing people to a healthier lifestyle. Additionally they provide their clientele with a wider knowledge by putting on workshops, grocery tours & whole food coaching. “I find that I don’t have only one type of customer,” Audrey says, explaining that, “There are so many people with diet restrictions...and very few places or products in the city that people can grab and go.” She comments that, “Vancouver has proved to be a pretty open minded city on food. Living Lotus Food & Nutrition doesn't just cater to people with health restrictions, but also people who just want a healthy but sweet alternative.



Living Lotus Food & Nutrition's Audrey Wong perfecting one of the many delicious desserts

Living Lotus offers people with dietary restrictions a delicious alternative. Audrey acknowledges that “being on a restricted eating regimen can be scary at first, but it is much easier when you’re armed with the right information.” Living Lotus Food & Nutrition helps you deal with your sweet tooth all while offering you products made with healthy ingredients; giving every customer the ability to have a treat and not feel guilty afterwards. Audrey expresses that she hears her non diet-restricted “customers say ‘they taste like they’re not good for you!’” Simply adding, “That’s when I know I made health sweet.”

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