

**SANDI MORAIS KUOMagazine Wellness Chefs Journalist January 2015 – Present**



Jamaican-born Sandi Morais has a BA Degree from Florida International University and have been involved in the health and fitness field for 29 years, and a Vegetarian for 12 years. Sandi has a passion to help educate, inspire and encourage people to live a healthy lifestyle. Over the years many of her clients wanted to learn how to make tasty vegan and vegetarian meals, so they could incorporate healthy eating into their daily lives. Sandi created and the author of *Recipe for Life* Vegetarian/Vegan cookbook with simple, quick and easy recipes to help her clients, as well as others to get a jump-start to a healthy lifestyle.

The book is segmented into five categories - **Live Juices and Smoothies, Sensational Salads, Super Soups, Divine Dishes** and **Tantalizing Treats**. The 5 different categories in *Recipe for Life* cookbook makes it easy for someone to plan their daily meals and indulge in guilt-free, low calorie Non-Dairy treats made with cashew nuts, dates strawberries and blueberries. The book also comes with a music CD that was produced and performed by actor Philip Michael Thomas.

Sandi has been featured in local and national magazines and teaches a vegan cooking class at La Vie Wellness Spa [www.lavieexperience.com](http://www.lavieexperience.com) on Thursday's and Saturdays.

For more info or to order “Recipe for Life Vegan/Vegetarian cook book, please visit: [www.sandimorais.net](http://www.sandimorais.net) and [www.vegantuneupcafe.com](http://www.vegantuneupcafe.com).

**KUOMAGAZINE VEGETARIAN/VEGAN LIFESTYLE with Sandi Morais**

Welcome to VeganTune-UpCafe. I created this website because I have a passion to educate, inspire and encourage people live a healthy lifestyle. I offer cooking classes, catering, Fitness training and so much more, please visit [www.SandiMorais.net](http://www.SandiMorais.net) or [www.vegantuneupcafe.com](http://www.vegantuneupcafe.com).