



NEWS RELEASE

December 12, 2011

For Immediate Release

“The Blissful Chef” to visit Ozark Natural Foods

Ozark Natural Foods is hosting a cooking demonstration with Christy Morgan.

FAYETTEVILLE, AR - On December 15, from 5:00 pm to 7:00 pm, Ozark Natural Foods will be hosting a cooking demonstration with vegan chef, food blogger, and author of *Blissful Bites*, [Christy Morgan](#).

Christy, also known as “The Blissful Chef”, went to a mostly vegan culinary school in Austin, TX called [The Natural Epicurean Academy of Culinary Arts](#), where she fell in love with veganism. After graduating and living in Los Angeles for quite some time, Christy moved to Dallas to care for her father, who was diagnosed earlier this year with prostate cancer.

Christy posted on her blog back in March about the diagnosis and her hope to switch her dad over to a vegan lifestyle. “I couldn't live with myself if I didn't at least try to help him beat this. I'm pretty confident that if he will do what I ask of him that I can cure him and he will never have felt better in his life!”

Christy has written a full length cookbook, [Blissful Bites: Vegan Meals that Nourish Mind, Body, and Planet](#), which will be on sale at the Co-op during her demonstration. She also has two eCookbooks available on her [website](#).

Ozark Natural Foods is a locally owned consumer cooperative dedicated to healthful living and sustainability, located at 1554 N. College Ave., in the Evelyn Hills Shopping Center, in Fayetteville.

For more information on Christy and the event, please visit:

<http://www.ozarknaturalfoods.com/2011/12/cooking-demonstration/>

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If you would like more information or to schedule an interview, please contact
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