



Hello! Let me be the first to say my passion for a healthier way of living was not always there.

Growing up I never imagined myself being a dietitian and healthy eating was far from important. Over the years I have changed my outlook on food and health for the better. I would like to share with you creative ways to enjoy them also.

Mash and Spread is collection of recipes, ideas, and thoughts on a healthier way of living. Food should be enjoyable and good for you. It should be balanced with fresh and sustainable ingredients.

Visit my website at www.mashand-spread.com for more recipes!

Mash & Spread

HEALTHYISH BALANCED RECIPES



JASMIN FOSTER