

# Beauty and the Beets

Get inspired one bite at a time

**BeautyandtheBeets.com**

## profile

Beauty and the Beets started in 2011 with a goal to inspire you one bite at a time through travel and food. All recipes are based on food from various regions and cities I have encountered during my travels.

## about me

I am a 2x Cupcake Wars Live on Stage competitor, a published writer, and conference speaker. I have made numerous appearances on television including national (Golf Channel, NASA-TV, RFD-TV) and local markets (Orlando, Salt Lake City, Boston, and Washington DC). I am a former dancer and puppeteer at Walt Disney World, a former Flight Attendant with Delta Airlines, and a former competitor at The World Food Championships.

## social media



**7,100+**



**1,400+**



**4,100+**



**6,200+**

## blog statistics

**44K+**  
MONTHLY  
UNIQUE  
VISITORS

**62K+**  
MONTHLY  
PAGE  
VIEWS

**1K+**  
EMAIL  
SUBSCRIBERS



## Available for:

- SPONSORED POSTS
- CUSTOM CONTENT CREATION
- PRESS AND MEDIA TRIPS
- BRAND AMBASSADORSHIP
- RECIPE DEVELOPMENT
- CONFERENCE SPEAKER/REPRESENTATION
- SOCIAL MEDIA CAMPAIGNS
- SOCIAL MEDIA CONSULTATION

## the audience

- 88%** FROM NORTH AMERICA
- 77%** FEMALE
- 66%** ARE AGED 25-44
- 100%** EAT FOOD

## A sampling of brands I have worked with:



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