



kindness

Kelly Misawa

Hello friends!

Welcome to Kindness by Kelly Misawa.

Kindness is food that I created with is based on plant-based and vegetarian cooking. This food keeps you healthy and your body and mind feel good.

My goal is to create fresh, natural, delicious and nourishing meals that are KIND so we can enjoy life with vigor and happiness.

About Kelly Misawa

Welcome everyone! I'm Kelly and I'm half Japanese and half Brazilian. I currently live in Tokyo but have traveled around the world tasting food and experiencing different cultures.

I love to cook and eat delicious food!

I started modeling in the fashion industry in Tokyo when I was 15 years old. During my 20+ year career I have experienced many things. Believe me the fashion business is not all that glamorous!

The need to stay thin placed a lot of pressure on me which led to an unhealthy lifestyle. After about 10 years of an unbalanced diet, I decided to study healthy food in Bali, Los Angeles and of course Japan.

Kindness recipes are based on my food experiences and studying with chefs around the world.

I hope you enjoy my recipes and share with me the life I love to live!

Lovingly,

Kelly Misawa



Culinary Experience

My culinary journey began in 2012



•Experienced cuisine for two years at Macrobiotic Lima Cooking Scholl in Tokyo.



•Certificate as Raw Food Master & Super Food Master in Japan.



•Studied with the Matthew Kenney Test Kitchen at Plant Food Wine in Venice, Los Angeles.



•Certificate as Raw Food & Raw Sweets Chef Raw Chocolatier Certificate at Sayuri Healing Food in Ubud, Bali.



Recipe book

Bitore Meshi

Kelly's Beauty Meals recipe book is featured in a popular womens magazine CLASSY.

The book is a compilation of Kelly's food which she cooks for herself to maintain her balanced lifestyle.

Ingredients include fresh vegetables and other superfoods all of which are delicious and healthy. The recipes are simple to make and provide your body with important nutrients for energy and beauty.

Kelly's Beauty Meals also have recipes for light desserts that are simple to prepare for your after meal delights.

Share these appetizing meals with your friends and family!

The book also shares Kelly's easy exercise routines to keep you feeling good and refreshed.

Enjoy - you will love it!



美トレめし
整える
心と体を





Collaboration Works

I have created menus for restaurants, developed a vegan meal kit and catered for a major fashion brand. My recipes have also been featured in many magazines and websites.

Oisix vegan meal kit "Purple Carrot"

PRODUCT DEVELOPMENT



3種きのことキノアのリゾット
#時々ヴィーガン

Vegan meal kit from my recipe book "BITORE MESHI"
Quinoa Mushroom Risotto
Beets and Japanese Radish with mustard dill dressing

Cosmo Kitchen Adaptation

MENU DEVELOPMENT



Plant Based Protein Buddha Bowl



Vegan Mozzarella & Marinara Sauce



Brand ambassador Nichirei



Ayurveda Kitchari Bowl



Veggie Pad Thai



Strawberry & Tangerine Raw Cheese Cake.



Japans Acerola ambassador and recipe developer for Nichirei Foods

Catering for Loro Piana

MENU DEVELOPMENT



Vegan Pate Zucchini Canapé
Raw Vegan Pizza with SoyCream Cheese and Marinara Sauce
Vegetarian Zucchini Frittata
Beetroot Raw Cheese Cake
Pumpkin Spice Tart



Ambassador and menu developer using Melrose Health organic products.

COEL Cafe

MENU DEVELOPMENT



Acerola Pineapple Ginger Juice



Shiso Leaf Genovese Raw Zucchini Spaghetti



Raw brownie



Let's work together



I would like to work with you.

I am available for freelance work as a recipe developer, food consultant and a content creator.

Please send any inquiries to kindness@kellymisawa.com

I would like to hear from you if you have any comments or questions.