

Katie Farrell

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Katie Farrell is the founder and face of Dashing Dish, a healthy lifestyle website and recipe subscription service designed to nourish readers' minds, body and souls. A registered nurse, author, blogger, healthy lifestyle advocate, and mother, Katie launched Dashing Dish to teach women across the country to end misconception about healthy eating and prove that it is easy and budget-friendly to make delicious, healthy food balance in their physical, mental, emotional and spiritual healthy, all while enjoying the journey. Katie has authored three books: "Dashing Dish: 100 Simple & Delicious Recipes for Clean Eating," "Devotions for a Healthier You: Feeding Mind, Body, and Soul;" and "Nourish: Discover God's Perfectly Balanced Plan for Your Body and Soul." Katie lives in Michigan with her high school sweetheart and daughter.

Why Dashing Dish?



- Founder Katie Farrell combines a chef's knowledge with a servant's heart. Her expertise in meal planning and exercising comes from experience, and the Dashing Dish devotionals designed to deepen participants' faith are rooted in Katie's own wellness and spiritual journeys.
- With more than 100K followers across social media and 86K unique visitors per month to the website, Dashing Dish serves up pragmatic advice and inspirational images to loyal readers daily.
- The Dashing Dish blog is a must-read: informative and relevant, written posts and videos cover topics ranging from emerging trends such as grocery delivery and curbside service to how to make healthy changes, cooking for kids, pregnancy, fitness, and so much more.
- Katie is passionate about all things health and wellness. Each day, Katie shares unique, implementable advice to help her audience lead a better life, including grocery and meal planning tips, simple and healthy yet delicious recipes, exercise and workout guides, healthy seasonal meals and treats, healthy substitutions and spiritual health, among many others.
- Dashing Dish is a family affair: Katie's husband Sean Farrell serves as Creative Director, while her sister Emily Yost is the site's Editor. Additional help comes from key staffer Sarah Shaffer, who supports the Dashing Dish's extensive ministry efforts.

“ I will teach you how to make easy healthy meals, and provide practical encouragement to nourish both your body and soul.”

- Katie Farrell, Dashing Dish founder and author