



Legible Releases Second *My Model Kitchen* "Living Cookbook" by Iconic Supermodel Cristina Ferrare

July 25, 2024 - Vancouver, British Columbia – [Legible Inc.](#) (CSE: READ) (OTCQB: LEBGF) (FSE: DOT) ("Legible" / "Company"), a global digital reading platform known for its innovative eBook and audiobook offerings, and Cristina Ferrare, iconic supermodel, acclaimed TV host and celebrity chef, and New York Times bestselling author, are delighted to announce the release of "The Garden of Earthly Delights", the second all-digital Living Cookbook in Cristina's *My Model Kitchen* series, exclusively available to Legible subscribers.



This new edition invites readers to explore a vibrant array of fresh, nutritious, and utterly delectable recipes centered around vegetables and fruits. Cristina Ferrare, known for her dedication to health-conscious living, shares her wisdom and passion for garden-fresh cooking in videos embedded throughout the Living Cookbook, encouraging readers to embrace the abundance of nature through an array of imaginative and flavorful dishes. The cookbook also features real-time assistance with Sous Chef AI, enhancing the cooking experience and making it fun and interactive.

Highlights of "The Garden of Earthly Delights" include Caramelized Beets paired with creamy goat cheese and a tangy balsamic glaze, Cucumber & Zucchini Carpaccio with a delightful champagne vinaigrette, Chilled Tomato Soup topped with crispy bacon, lettuce, and tomatoes, Grilled Asparagus with a spicy and sweet mango salsa, and a rich Chocolate Mousse made with nutrient-dense sweet potatoes and organic chocolate.

Cristina's unique blend of culinary expertise and personal anecdotes makes each recipe a delightful adventure, celebrating the vibrant tastes and health benefits of organic ingredients, while stunning photography and engaging stories bring each recipe to life. Every recipe is thoughtfully crafted to provide essential vitamins, minerals, and antioxidants, making it easy to nourish your body with each delectable bite.

A perfect addition to the kitchens of both seasoned home cooks and those new to the world of vegetable-centric cooking, "The Garden of Earthly Delights" is a must-have for anyone looking to celebrate the season's bounty and make every meal a celebration of nature. Visit <https://www.legible.com/mymodelkitchen> to start cooking your way to a healthier, happier lifestyle with Cristina Ferrare's delicious creations.

About Cristina Ferrare

Cristina is an accomplished author. Her book "A Big Bowl of Love", based on her show of the same name on the Oprah Winfrey Network (OWN) and published in 2011, enjoyed an enthusiastic reception across the US. Her books "Okay So I Don't Have a Headache", a New Times Best Seller, "Food For Thought", which reached #1 on Amazon for Brain Health and "Realistically Ever After: Finding Happiness When He's Not Prince Charming, You're Not Snow White, and Life's Not a Fairy Tale", are all bestsellers. Her first *My Model Kitchen* Living Cookbook – Volume 1: Pasta, was featured on the Drew Barrymore Show, the Daily Blast, the Liftoff podcast with Jeanniey Walden, and EXTRA! in April 2024.

Cristina started modeling with the New York-based Ford modeling agency aged 16, launching a 25-year supermodel career that included gracing the covers of leading fashion magazines including *Cosmopolitan*, *Vogue*, *Good Housekeeping*, *Harper's Bazaar*, and *Ladies Home Journal*, among others. She appeared in Kellogg commercials for

OWN and was featured on over 20 million Kellogg cereal boxes along with her recipes. Cristina has recently signed with top New York modeling agency Iconic Focus.

In the early 80s, Cristina worked as a co-host of the show “AM Los Angeles”, which was rated the number one morning television show throughout her five-year tenure. She has hosted her own shows - “Cristina and Friends” and “Home and Family” - a two-hour Universal Studios live show. She was also a substitute co-host on “Good Morning America” and co-hosted “Live with Regis and Kathie Lee” numerous times. Cristina has spoken at many conventions including “The Women’s Conference” in 2004. In 2007, alongside Chef Art Smith, she hosted a cooking session for over 300 women. She was the keynote speaker at the Creative Connection annual meeting in St. Paul, Minnesota in 2011. In 2023, she was the keynote speaker at the Influencers of Midlife Summit for women over 40.

The success of Cristina’s authoring, cooking and modeling careers highlights her unique breadth of knowledge and expertise on women’s health, culinary arts, wellbeing, stylistic design all brought to enthusiastic audiences through her sense of humor and great passion for life. For more information, please follow Cristina on Instagram:

www.instagram.com/cristinacooks

About Legible Inc.

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