

# Fran Costigan

www.francostigan.com  
New York, New York



Native New Yorker **Fran Costigan**, the “Queen of Vegan Desserts,” is an internationally recognized culinary instructor, author, consultant, recipe developer and the pioneering vegan pastry chef who marries healthy eating with sumptuous tastes. The “Fran Factor” is her unique ability to transform traditional desserts into modern, healthful, and luscious vegan desserts that satisfy vegans *and* omnivores alike. In Fran’s recipes, ‘nothing is missing except the dairy, eggs, white sugar and excess fat.’ She is the authority on all things related to vegan baking and desserts. Fran’s most recent book, *More Great Good Dairy-Free Desserts Naturally* (Book Publishing Co., 2006), is designed as a complete course in Vegan baking.

## TELEVISION

*Better TV: Organic Vegan Twinkie*  
*Discovery Health: Get Fresh with Sara Snow*  
*ABC’s Nightline: Twinkies Deconstructed*

## RADIO

*Progressive Radio Network: It’s All About Food*  
*Free Vindy.com: The Louis Free Show*  
*Veg Cast: Podcast*

## AFFILIATIONS

*New York Women’s Culinary Alliance*  
*International Association of Culinary Professionals*  
*Women Chefs and Restaurateurs*  
*New York Coalition for Health School Food*

## SPECIALTIES

- Pastries • Baking •
- Breakfast •
- Chocolate • Children •
- Diet: Special •
- Desserts: Vegan •
- Entertaining/Parties •
- Salads • Vegetarian •
- Vegan • Low Fat •



## PRINT

*The New Yorker*  
*Veg News Magazine*  
*Vegetarian Voice*  
*Yoga Journal*  
*Organic Spa Magazine*  
*Veg Family*  
*Alive Magazine*  
*Café Sweets Japan*

## EDUCATION

*CTP, Natural Gourmet Institute for Health & Culinary Arts*  
*Certified, Food & Healing*  
*Nick Malgerie’s Pastry Arts Intensive*  
*New York Restaurant School*  
*BS with Honors, NYU*

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