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Kana Azhari

EXECUTIVE CHEF
HEALING KITCHEN

Kana Azhari is the executive chef at Healing Kitchen. Chef Azhari is a Bay Area native, born and raised in Oakland and South Berkeley. She's passionate about sharing her love for healthy food and lifestyle with her community. She specializes in Afro-vegan plant-based cuisine.

As a vegan herself for over 11 years and a self-taught vegetarian since the age of 8, she has a wealth of knowledge and experience when it comes to plant-based living in the Bay Area and beyond. Her culinary inspirations are raw vegan cuisine, Jamaican-Ital, coconut curries, West African stews, New Afrikan soul food, East African collard greens, plantain, kale, cayenne, farm fresh produce, and her mother's original Southern-inspired cooking style. She believes that good food/healthy food is the perfect way to achieve open communication and to create positive change.

Kana is a La Cocina SF entrepreneur, former urban farmer, and UC Santa Cruz agroecology alumni. Outside of the kitchen, Kana offers private consultations, meal planning, and workshops on the benefits of plant-based diet and lifestyle. She is currently working on her first book, a guide for transitioning to a plant-based diet and loving it.