

Finn Ní Fhaoláin

Fins Fit Food



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By the time she was 10, Finn Ní Fhaoláin had travelled the world with her parents: sailing past glaciers in Alaska, watching cobras dance in India, and surfing in Donegal.

These early experiences gave the Dubliner a thirst for adventure, and the surf lover went on to study a degree in Ocean Science, and a Master's in Marine Biology.

During this time, a coeliac diagnosis at the age of 19 required her to radically change her diet and a new passion for cooking was ignited. She combined this with her love of the ocean to create a successful blog, Fins Fit Food and her new cookbook Finn's World.

After a brief stint working in Dublin, Finn felt the pull of the west coast tide and in January 2016, she relocated to Bundoran where she began catering for local businesses in Donegal and Sligo.

Her zest for a healthy lifestyle has attracted the media and fans alike. She's been featured in several national media publications and she is a regular speaker at events around Ireland. This year, she's been nominated in U Magazine's 30 Under 30 Awards, and she was chosen as a judge for the Irish Quality Food Awards. And just two weeks after its release in April 2017, Finn's World became Ireland's best-selling book.

Finn found ACORNS a brilliant experience, and she credits much of her success to her mentor Deirdre McGlone. Seeing how Deirdre runs her own business – Harvey's Point in Donegal – was an inspiration.

Her plan now is to continue blogging and catering, and to develop new recipes for a second cookbook.