



The Tan Sisters - Althea & Tansy

Happy Plantarian

Biography

Happy Plantarian was founded by the Tan Sisters - Althea & Tansy Tan, two sisters on a mission to apply Whole Food Plant-Based Nutrition principles through cooking healthy plant meals without the use of animal products. Cooking plant foods can be a simple yet innovative, flavorful and super happy process.

In 2016, Althea & Tansy Tan, published the very first Whole-Food Plant-Based Vegan cookbook of its kind in Hong Kong featuring Anti-Ageing Whole-Food, Plant-Based recipes. Nutrition-based Food for Life Programs as well as Whole Food Plant-Based Cooking & Vegan Baking Classes are offered to enable people to create delicious plant meals at home, delight family and friends and help them stay healthy and fit.