Lauren Roggenbuck LinkedIn Summary

I believe that food is the most powerful medicine. Having grown up on an organic farm, I learned about the impact of natural foods on the human body, and how clean eating has the power to heal and sustain us. My passion is all about sharing superfoods that have been used for thousands of years and making it possible (and easy!) for my generation to enjoy their bountiful health benefits.

As the Co-Founder of OhSO Tasty and MISOgood, I am committed to bringing ancient superfoods to the modern world. Our products are affordable, simple to prepare (in under one minute), and are packed with plant-based proteins, vitamins, and minerals. Through our natural foods, people can have access to all the nutritional benefits of healthy eating without all the cooking and preparation.

While I have always been enthusiastic about clean eating and natural foods, for a while, I struggled to figure out how I could channel my passion into a realistic career. Once I was off the family farm, I realized that not everyone had as profound an understanding of food as I did. Too often, I saw that people were willing to sacrifice nutrition and health for quick and easy. It was through these realizations that a spark ignited inside me. I knew I needed to share the importance of healthy food with my generation but in a simple and accessible way.

Using my knowledge of organic farming and my experiences from working in the health food industry, I helped create OhSO Tasty and MISOgood. My mission: To make nutritious food available, affordable, and easy. Through our natural foods, people can have access to all the nutritional benefits of healthy eating without the worry of complicated preparation.