

Writer, Sarena Shasteen

It wasn't hard to discover Sarena amongst the thousands of bloggers out there. She is one of the few dairy-free bloggers on the net, and she gets right to the heart of the most important issue (at least in my opinion), food! Sarena keeps the lovely and simplistic blog *The Non-Dairy Queen*, which focuses almost exclusively on delicious recipes and foodie reviews.

"I am a graduate of The School of Culinary Arts in Atlanta. I have worked in various fields in the culinary industry since 1995. I discovered I am lactose "challenged" (as my husband so lovingly calls it) in 2005. [My blog] is a journal of recipes/products that I have tried and would recommend for others that have the same lactose issues that I have."