



YOLANDA BANKS

EPICUREAN*

Yolanda Banks is a wife and mother who lives in Dallas, Texas. Yolanda has lived in many cities around the country since leaving her childhood roots in East Lansing, Michigan. In college, Yolanda majored in Journalism, and minored in Sports Broadcasting. Since 2001, Yolanda has appeared on the Food Network, *Good Morning Texas*, *At Home Live*, and various affiliates around the country sharing her passion for food. Yolanda's recipes have been featured in various magazines, and newspapers; including, the *Dallas Morning News*, *The Knot*, and *Black Elegance* magazine, to name a few.

In 2006, along with welcoming a baby boy, Yolanda's first cookbook, *Cooking For Your Man*, was published. In 2007, Yolanda launched her business, *Fresh Is Fabulous*. Fresh Is Fabulous gives her an opportunity to share her knowledge of all things food, and allows her to do what she was born to do – teach and inspire people to cook fabulous, fresh meals for their family and friends. Yolanda has donated her time to several charitable organizations, including, Boys and Girls Club, Meals on Wheels, DC Central Kitchen, and Ronald McDonald House. In 2002, she started the annual Cook for the Cure Dinner, which benefits the Susan G. Komen Breast Cancer Foundation.

**Epicurean* – Devoted to the pursuit of sensual pleasure, especially to the enjoyment of great food and comfort.



Yolanda and son, Deuce with Houston KPRC morning host, Courtney Zavala during cooking segment which aired Dec, 09



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