



HEALTHY RICAN

Healthy Rican Celebrates 4 Years of Bringing Healthier Alternatives to Traditional Dishes

July 01, 2024

July 01, 2024 - PRESSADVANTAGE -

Buffalo, NY ? Healthy Rican is proud to celebrate its 4th anniversary of providing healthier alternatives to traditional Puerto Rican cuisine. Founded by Mayra, a passionate Latina who embarked on a journey toward a healthier lifestyle, Healthy Rican has grown from a kitchen experiment to a beloved brand that offers a range of authentic seasonings free of additives and fillers.

Healthy Rican began in Mayra's kitchen as she sought healthier ways to enjoy traditional Puerto Rican dishes while living away from home. With a deep-rooted passion for flavor and a commitment to health, Mayra developed a line of seasonings that capture the essence of Puerto Rican culinary heritage. These seasonings allow people to enjoy bold, guilt-free flavors (con puro sabor) in every meal, bringing the authentic tastes of Puerto Rico to tables everywhere without any additives or fillers.

Reflecting on the journey, Mayra shared, ?Together, let's live a healthy life con sazón.?

Community Involvement

Healthy Rican is deeply involved in the community, participating in local festivals, fundraisers, and cooking demonstrations. Mayra and her team love engaging with their community through these events, sharing their passion for healthy living and delicious food.

One of the ways Healthy Rican gives back is by sharing valuable content on social media and their blog. This includes collaborations, giveaways, and live shows like Tasty Thursdays, which are designed to build community and engage with their followers. Mayra has expressed her joy in participating in community events, saying, "I love participating in community events like festivals, fundraisers, cooking demos, and more. It's our way of building community and engaging with our loving followers."

Upcoming Events

Healthy Rican continues to share its passion for healthy living through upcoming events. These events provide opportunities for Mayra and her team to connect with their community, share their flavorful seasonings, and promote healthy, delicious cooking.

Healthy Rican will be one of the vendors and entrepreneur panels at the Exhibitor Village of Revolucion 2024 - a celebration of Hispanic Heritage in style. This meaningful event will be on September 20-22, 2024 at Embassy Suites, Downey CA.

Customer Success Stories

The success of Healthy Rican is reflected in the numerous positive reviews and testimonials from satisfied customers. Many have shared their stories on social media, the Healthy Rican website, and on Amazon. These testimonials highlight the significant impact that Healthy Rican's products have had on their cooking and overall health.

Scorch Marker raves, "Honestly, I had no idea what to expect. We needed a healthy seasoning for our family. Something that we knew was legit. No cut corners. No shenanigans. Just good-tasting flavors in a healthy way. Boy did we find it! Chicken never tasted so good! My favorite part is that most of the salt is left out so you can salt to taste. That's a big thing for us. Hope you enjoy it as much as we do! My favorite is the yellow one :)"

Maz says, "Wow! The sofrito is so rich, flavorful, smells amazing, tastes like heaven! I love, love this!"

Cynthia Roldan-Hernandez commented, "Super tasty without all the gunk!!"

Melissa C. expressed, "I love feeling guilt-free using these in my recipes."

Mia Davis enthused, "If you love Latin food, these seasonings are a MUST!! Every Sazon and Adobo I've come across on the market has a ton of unnecessary additives. Healthy Rican is the only company with clean and DELICIOUS versions of both! You will be craving the taste on everything... Puerto Rican food or otherwise! I use it on EVERYTHING!!! Mayra is amazing and you can tell she's passionate about healthy delicious authentic seasonings in the flavor. Hands down the BEST seasonings in my cabinet!"

Katherine R. noted, "I have made different dishes using their adobo and sazón combo, and let me tell you THAT EVERYONE LOVED IT! They asked what was different as it was tastier and it's honestly the flavor from these seasonings!!! You can taste the difference between Goya Adobo and this! I recommend! You won't be disappointed."

Janita shared, "I have purchased this product since the beginning and have never turned back! It has become essential in my home."

These glowing reviews and testimonials demonstrate the positive impact Healthy Rican has had on its customers, who appreciate the delicious and healthy alternatives to traditional seasonings.

More About Healthy Rican

Healthy Rican's beginnings were humble, with the initial goal of making a limited amount of adobo and sazón. However, the demand and positive reception quickly grew. In an early Instagram post, Mayra shared her excitement and surprise at the overwhelming response, stating, "To think we thought we'd make a limited amount of adobo and sazón. Seeing how Healthy Rican has grown to what it is today is outstanding." This growth is a testament to the quality and authenticity of Healthy Rican products, which have resonated deeply with customers.

For more information, visit Healthy Rican's website at [Healthy Rican](#) and follow them on Instagram for the latest updates and events.

###

For more information about Healthy Rican, contact the company here: [Healthy Rican](#)
Mayra Luz Colon
716-400-2945
info@healthyrican.com
125 Galleria Drive Unit 1785, Buffalo, NY 14225

Healthy Rican

Healthy Rican brings the tasty culture-rich flavors of Latin and Puerto Rican cuisine to kitchens everywhere while promoting a healthier lifestyle by offering an exciting line of all-natural seasonings.

Website: <https://healthyrican.com/>

Email: info@healthyrican.com

Phone: 716-400-2945

