



Yuka Yamasaki

Master of medicinal cooking, tofu and macrobiotics

Yuka conducts workshops and showcases gluten-free Buddhist cuisine, making this rich tradition accessible to a wider audience, including people seeking a healthy lifestyle and dancers caring for their bodies. A fluent English speaker and Japanese cooking instructor, bridges cultures through food. A master of medicinal cooking and tofu, she champions healthy, inclusive cuisine, especially vegetarian, vegan, and gluten-free options.

Yuka's past dietary struggles (wheat, milk, eggs, etc.) and experiences assisting foreign employees with allergies ignited her passion for accessible food. Studies in medicinal cooking and macrobiotics, along with experience in organic/vegan cafes fueled her journey. A turning point came with Ms. Mari Fujii, a Buddhist cuisine master. Yuka now conducts workshops and showcases gluten-free Buddhist cuisine, making this rich tradition accessible to a wider audience