

Blair Lonergan



Featuring seasonal, Southern-inspired recipes for the busy home cook from popular blogger and recipe developer Blair Lonergan

www.theseasonedmom.com



ABOUT BLAIR: Born and raised in Virginia, Blair Lonergan has the ultimate career pivot story. Blair was a corporate lawyer, wife and mother of three young boys when she started The Seasoned Mom as a way to share the simple, Southern-inspired recipes she was creating to feed her busy family. Her site's popularity turned a hobby into a full-time job and a decade later, The Seasoned Mom has one million monthly visitors. Blair's work has been featured in *Parade*, Today.com, BuzzFeed, SELF and *Taste of Home*, and she has also developed recipes for brands such as Red Gold Tomatoes and Old El Paso. **She is available for cooking segments, interviews and expert insight into Southern cuisine.**

SPECIALTIES

- ✓ Updated Southern-style recipes
- ✓ Easy weeknight meals
- ✓ Family-friendly recipes
- ✓ Seasonal & Holiday
- ✓ Comfort Classics

REACH

🌐 2 M Monthly page views

🌐 1 M Unique Monthly Visitors

AS SEEN IN

SELF



Parade

redbook

BuzzFeed

Taste
of Home