

# Kelis Releasing Cookbook *My Life On A Plate*



Kelis is releasing her first cookbook, [\*My Life On A Plate\*](#), September 7th via Kyle Books. She says, "It includes my version of recipes I grew up eating and things I've picked up that have inspired me along the way. It's an exploration of tastes and cultures, and my experience as a chef, musician, mother and wife. It's a lifestyle, and I couldn't be more excited to share it with you." Food has taken center stage in her professional life lately as she is hosting her [\*Saucy And Sweet\*](#) Cooking Channel show and has her own line of sauces called [\*Bounty And Full\*](#).