

SocialHipper

Influencer Profile Report · Generated July 18, 2026

Lisa | Montreal Food Blogger

INSTAGRAM

@riris_recipes Canada, Montreal

?????easy plant-based recipes for the home cook ? Food blogger | UGC creator | Food Stylist ? @narcitycanada partner Recipes & discount codes??

2,396	0	500	5.84%	0/100
FOLLOWERS	FOLLOWING	POSTS	ENGAGEMENT RATE	SOCIALHIPPER SCORE

Category

Food

Growth History (Last 30 Days)

Date	Followers	Engagement Rate	Avg Likes	Avg Comments
May 19, 2026	2,396	5.84%	121	19

Recent Content Performance

Type	Posted	Likes	Comments	Shares
Video	May 17, 2026	37	16	0
Video	May 15, 2026	37	26	0
Video	May 14, 2026	88	41	0
Video	May 04, 2026	44	10	0
Video	Apr 29, 2026	34	13	0

Type	Posted	Likes	Comments	Shares
Video	Apr 10, 2026	54	12	0
Video	Apr 09, 2026	37	8	0
Carousel_album	Apr 08, 2026	116	50	0
Video	Apr 04, 2026	21	8	0
Video	Apr 03, 2026	45	9	0
Video	Apr 02, 2026	53	19	0
Video	Apr 01, 2026	32	21	0

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Data is based on publicly available information and may not reflect real-time metrics.