

SocialHipper

Influencer Profile Report · Generated June 23, 2026

Sophie Benbow - Mindful Cook & Meditation Teacher ...

INSTAGRAM

@sophiebenbow Australia, Sydney

15K followers · 6.9K+ following · 2218 posts · @sophiebenbow: "Simple, feel-good recipes for everyday life Mindful Eating that brings joy to the kitchen ..."

0 FOLLOWERS	0 FOLLOWING	0 POSTS	0.00% ENGAGEMENT RATE	0/100 SOCIALHIPPER SCORE
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Category

Food

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