



The Green Kitchen: Delicious and Healthy Vegetarian Recipes for Every Day

David Frenkiel, Luise Vindahl

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A collection of delicious, healthy, vegetarian family recipes from the Green Kitchen Stories blog. David Frenkiel and Luise Vindahl Andersen are the new faces of exciting vegetarian food. Their Green Kitchen Stories blog has a cult following and inspires people around the world to cook super-tasty, healthy vegetarian recipes using only natural ingredients. In *The Green Kitchen* they will delight meat-eaters and non meat-eaters alike by sharing over 80 of their favourite recipes, which can be enjoyed by the whole family. Using everyday staples from their pantry and combining them with in-season produce, David and Luise tell the stories from their kitchen, and show how easy it is to create nourishing, well-balanced dishes on a daily basis. Whip up some Spinach muffins for breakfast, Warm faro salad for lunch, and Vegetable lasagne with lemon ricotta for a supper to share with friends. Have your cake and eat it too with Frozen pink cheesecake, Cherry and blueberry crumble, Licorice ice cream and more. As well as large dishes, they have an array of soups, salads, juices, small bites and picnic food that are uncomplicated to make but are bold in flavour and will have you wanting more. Start your love-affair with vegetables today with *The Green Kitchen*. Featuring stylish photographs throughout, this stunning book will show you how easy it is to cook delicious, sumptuous foods that taste great and are good for the body and the soul.

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