



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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Lisa Marsh:

Spent a free time and energy to be fun activity to complete! A lot of people spent their down time with their family, or their particular friends. Usually they carrying out activity like watching television, likely to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? May be reading a book is usually option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to try look for book, may be the e-book untitled The Green Kitchen: Delicious and Healthy Vegetarian Recipes for Every Day can be great book to read. May be it is usually best activity to you.

Guadalupe Leatherman:

The book The Green Kitchen: Delicious and Healthy Vegetarian Recipes for Every Day has a lot of knowledge on it. So when you read this book you can get a lot of profit. The book was published by the very famous author. The author makes some research before write this book. That book very easy to read you will get the point easily after reading this article book.

Ana Smith:

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Catherine Gates:

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