

EVEN MORE VEGGIE



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Ännu mera veggie

Sara Ask & Lisa Bjärbo

197x237, 158p

In Even more veggie there are more than 70 family recipes divided into chapters for how long the preparation and cooking takes. Here there is everything from dishes that take 20 minutes to prepare to weekend meals that take a little more time. There is also recipes for a vegetarian Christmas table, a good veggie brunch, and ideas for how to make the grill, picnic and snacks greener.

Even more veggie is for everyone who needs inspiration to cook vegetarian. It also gives tips on how to optimise a family meal, how to get hard to please family members to try new flavours and how to go about cooking vegetarian food for a complete nutritional diet for the whole family. The book is packed, colourful and easy to use. Let's eat even more veggie!



About the authors

Sara Ask is a children's dietician, food writer and lecturer with a long experience as creator of recipes, among others for the magazine *Vi Föräldrar* (We Parents). **Lisa Bjärbo** is a journalist, writer, blogger and parent to two choosy little vegetarians.