

STUDENT KITCHEN BUDGET



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A really good morning
Oatmeal with lovely toppings
Fried & scrambled eggs
Food on bread
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Rice, grain & lentils
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Easy pasta recipes

Student köket Budget

Lena Djuphammar & Pernilla Rönnlid
210x285, 128p

Good food doesn't have to be expensive!

Quick, tasty and cheap! Inspiration, tips and advice to dine well on a budget as a student.

In the cookery book *Student Kitchen Budget* you will find 45 recipes – substantial, filling and nutritious. Here are soup recipes, bowls, pasta and noodles, wraps, a variety of hashes and several varieties of hot dogs. Even porridge recipes, grilled sandwiches/toast and simple sauces. Snacks such as smoothies, chia pudding and nutrition bars. There are also super-quick meals with a maximum of three ingredients. There are pages of facts with basic nutrition information, smart tips and advice on how to prepare meals from leftovers and reduce waste, as well as planning meals two days ahead.

If you prefer to eat vegetarian it makes no difference – there's something here for everyone!

About the authors

Lena Djuphammar is a photographer and graphic designer. She has worked for *H&M* and *Åhléns* and specialises in food photography.

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