

# STUDENT VEGGIE KITCHEN



## Contents

Make a lunchbox  
Breakfast  
Really easy cooking  
Crazy about eggs  
Asian vego  
Halloumilovers  
Poké bowls  
Food and friends  
Bake and berries

## Studentköket vego

Lena Djuphammar & Anne-Cathrine Johnsson  
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*To prepare tasty and nourishing vegetarian food from scratch doesn't have to be tricky or take a long time. A cookbook for students!*

**S**tudent veggie kitchen is the cookbook for students who want to create vegetarian meals with a minimum of fuss. Here is the inspiration, tips and advice for all. Circa 60 per cent recipes, eg. melon and halloumi salad, raw food salad, vegetarian korma, chilli noodles with edam cheese, vegetarian lasagne and veggie omelette. There are also sections on how to make superfast meals, when time is short between training, studies and other activities.

Included are tips on how to make the best use of leftovers, and fun meals to prepare with friends. And those little extras have not been forgotten – smoothies, dip sauces and flavoursome desserts.

## About the authors

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

**Ann-Cathrine Johnsson** is a trained dietician and journalist with a special interest in medicine, diet and health.