

# THE FRESH FOODIE



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Fresh start  
A small bite  
Surf n' turf  
Weekend  
Everyday food  
Country life  
Sweet end

## Leila Lindholm

190x240, 240p

Leila's new book is about how to implement super foods and clean eating into your life with fantastic recipes in the clean eating Scandinavian style. The book is filled with fresh and simple seafood dishes, salads and Scandinavian specialties with takes such as beetroot gravlax, vanilla salmon and meatless meatballs. You will also find loads of new, fresh and fun recipes like ice cream made out of frozen green peas, a divine silky chocolate mousse pie simply made from avocado with a crust of dates and roasted hazelnuts.

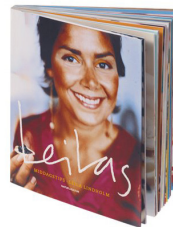
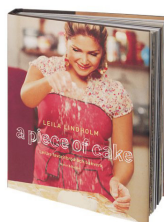
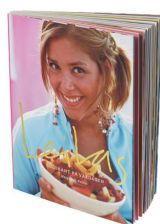
This is a new kind of cooking with a focus on Super Foods, Clean Eating and Farm to Table with fast and simple recipes with standard ingredients everyone can find in their local shop.



## About the author

Leila Lindholm's books have been best sellers in Sweden for years and this will be her seventh book. Her books have sold over a million copies in Sweden and they have also been published in many other countries.

Photographs by David Loftus.



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**BENNET AGENCY**

SÖDER MÄLARSTRAND 21  
118 20 STOCKHOLM  
SWEDEN

MOBILE: +46 704 67 42 70  
WWW.BENNETAGENCY.COM

