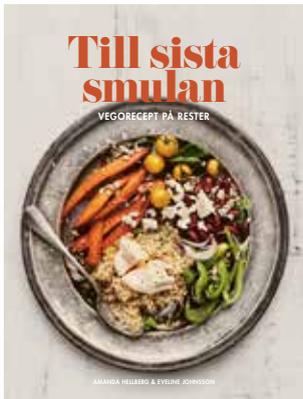


TO THE LAST CRUMB

VEGETARIAN RECIPES FROM LEFTOVERS



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Till sista smulan

Amanda Hellberg & Eveline Johnson
200x248, 128pp

Do you want to save money and contribute to a greener planet? With meagre resources it's possible to perform miracles. In this book we want to teach you how to make use of leftovers in a simple and appealing way. By cutting down on food waste you can make a valuable contribution both to your own finances and the good of the planet. The fact is that every fifth shopping bag we Swedes buy goes to waste. We need to do something about it!

Here are recipes based on different types of leftovers which we often have in the refrigerator such as root vegetables, rice and pasta as well as tips on what to do about the leftovers in the pan that you have been saving and how to make use of the broccoli stalk that otherwise so easily ends up on the compost heap.

Aside from it being cheap and a great idea to make use of leftovers we also wish to make a stand for it – it's the smartest thing in the world that we can do! Half the job is already done when you have boiled rice to begin with, or roasted beetroot in the refrigerator. The way to a ready meal is then far shorter than usual!

About the authors



Eveline Johnson is a freelance photographer based in Stockholm. She mainly photographs food and people, the latter often in the photographic duo Vandal.

Amanda Hellberg has remained on Västergötland soil, where food is cultivated and celebrated. She is a food creator with a love of grammar and linguistic correctness.

Eveline and Amanda together run the prized vegetarian food blog '*Våra oköttsliga lustar*'. There they publish recipes and pictures of simple good food made with seasonal produce, with the ambition to make it easy for anyone to try vegetarian food. They visit local cultivators and producers who they write about and also run courses on food photography.

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