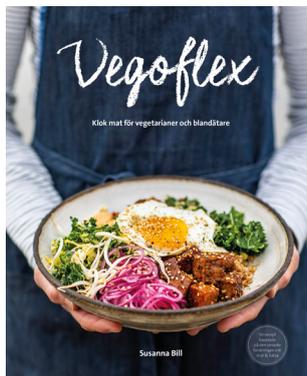


# VEGOFLEX



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## Vegoflex

Susanna Bill  
200x250, 128pp

*It should be simple to enjoy a dinner with friends and family. But when your mum is a vegetarian, your best friend lactose-intolerant and your partner practises meat-free Mondays dinner can become a bit of a challenge.*

This cookbook is planned in such a way to make it easy to serve good food – which can be varied to suit all tastes. Based on good research we have created healthy, plant-based dishes which can be complemented with sources of protein that each and every person wants – chicken or fish or totally vegan. Japanese noodle soup with kimchi and quick-pickled eggs goes as well with sticky tofu as with a chicken, and a chocolate cake can be baked both with eggs or aquafaba.

The recipes are often created on the principle of protein, salad, dressing and topping. By mixing different ingredients in new ways it's possible to create new combinations – vegoflex!

- Everyone can eat together – regardless if one is vegan or an omnivore
- Put the vegetables at the centre of the meal and complement with protein according to taste
- Smarter food provides better preconditions for both health and environment

## About the author



Ever since **Susanna Bill** moved home from India as an 18-year-old she wanted to recreate the flavoursome food which she had eaten there. In 2015 she came 3rd in Swedish Masterchef and decided to leave her engineering career behind and dedicate herself to food full-time. She is confident with flavours and curious and driven by having access to good-tasting produce and not least healthy food. This is her second cookery book.

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