

**Sara Ask & Lisa Bjärbo**

## **MERA VEGO – MAT FÖR HELA FAMILJEN**

### **Very Vegetarian – Food for the whole family**

In a time with an increase in reports on the relationship between the world's meat production and the threat to our climate more and more people turn their eyes away from the shop's meat counter and look at the vegetables on offer instead. For many people it stops there, with that glance, because what are you supposed to make when cooking vegetarian food? Will everyone be satisfied and full enough? Will the children even taste it?

“Mera vego” contains 60 vegetarian recipes adapted for the family, divided into chapters based on the time it takes to cook them. There are recipes that take only 20 minutes on a stressful day after work, but also dishes for nights in the week when you might be able to spend a bit longer than half an hour on dinner. And recipes for the weekend that are a bit more demanding, but also a bit more luxurious. There are also recipes for finger food, good snacks, yummy desserts and lots of practical tips.

The book is for anyone who is looking for vegetarian cooking inspiration. Whether the aim is for your family to do without meat now and then, or whether you already cook lots of veggie food but are bored with your old recipes. “Mera vego” is a colourful, stylish, fun and large source of inspiration in your kitchen.

**Sara Ask** is a children's dietitian, food journalist and lecturer with a lot of experience in creating recipes for parenting magazines among others. **Lisa Bjärbo** is a journalist, writer, blogger and parent of two very picky vegetarians.

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