

# BETTER HEALTH WITH BEANS

30 SIMPLE RECIPES FOR A CONSCIOUS AND CLIMATE-FRIENDLY DIET



## Bättre hälsa med bönor

Ann-Cathrine Johnsson & Lena Djuphammar

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*The new “in-thing” is beans. Beans help you lose weight and lower your bloodsugar levels. They are healthy and climate-friendly. And tasty!*

**H**ere is a cookbook with 30 simple recipes. There are traditional recipes of salads and soups, but also recipes on dips and mixtures, snacks and bakery products, for example biscuits.

In the inspiring fact-based part of the book different types of beans are described, along with their nutritional value and areas of use. Many beans can be eaten raw, others need to be soaked and boiled in order not to cause a stomach ache.

Beans contain a whole range of vitamins and minerals and are a good source of protein, both for vegetarians and those of us who want to eat a little less meat, which is becoming more and more common. Beans are also rich in fibre, which promotes a healthy bacterial flora in the gut and strengthens the immune system.

## About the authors

**Ann-Cathrine Johnsson** is a freelance journalist specialising in medicine, diet and health. She is also a qualified dietician. She has written about food for magazines such as *Hunger* and *Äkta mat*.

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