



# The Green Kitchen

*David Frenkiel, Luise Vindahl*

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**The Green Kitchen** David Frenkiel, Luise Vindahl

David Frenkiel and Luise Vindahl are the new faces

of exciting vegetarian food. Their Green Kitchen Stories blog has a cult following and continually inspires people around the world to cook tasty, healthy vegetarian meals using only natural ingredients.

In their book *The Green Kitchen* they share over 100 of their favourite and most delicious recipes.

Combining everyday pantry staples with fresh,

in-season produce, David and Luise tell the stories of their family kitchen, affirming just how easy it is to create nourishing, well-balanced dishes on a daily basis. Learn how to whip up Herb & Asparagus Frittata for breakfast, Wild Rice, Baked Herb & Pistachio Falafel for lunch, and Sicilian Parmigiana Di Zucchini for a supper to share with friends. Indulge your sweet tooth with Decadent Beetroot & Chocolate Cake or the exceptionally delicious Frozen Strawberry Cheesecake on a Sunflower Crust that is sure to be an instant hit with family and friends. Discover an array of soups, salads, juices and small bites that are simple to make but bold in flavour and stunning in presentation.

Start your love affair with vegetarian eating with

*The Green Kitchen*. Featuring gorgeous photography throughout, this beautiful cookbook will inspire everyone to cook and eat food that is good for the body and soul.

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