



# Green Kitchen Travels: Healthy Vegetarian Food Inspired by Our Adventures

*David Frenkiel, Luise Vindahl*

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A collection of recipes perfect for those who love to cook delicious, nutritious vegetarian and vegan food, inspired by flavors from around the world. David, Luise, and Elsa are a family who love to travel. Hungry to see and taste more of the world, they had embarked on an around-the-world trip by the time Elsa was just 7 months old. They slept on a friend's couch in Brooklyn, hunted for a vegetarian restaurant in Beijing, and were mesmerized by the street food in Vietnam. By the time David and Luise returned home, their daughter had learned to walk and their minds and bellies were full with food inspiration. Take inspiration from their travels and start the day with indulgent almond pumpkin waffles from San Francisco, tuck into a raw bean sprout pad thai from Thailand for lunch, and a Sri Lankan vegetable curry for supper. David and Luise have you spoiled for choice with desserts, featuring cheesecake, raw tiramisu, and a sweet roti pancake. With easy-to-find ingredients and simple instructions, these recipes are sure to be a success. With stunning photography and food styling, as well as personal anecdotes and images from the authors' travels, The Green Kitchen: Food From Our Travels shares modern and inspiring vegetarian, vegan, and gluten-free recipes.



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