



# Green Kitchen Travels: Healthy vegetarian food inspired by our adventures

*David Frenkiel, Luise Vindahl*

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Delicious, nutritious vegetarian and vegan recipes inspired by flavours from around the world, by the bestselling authors behind the Green Kitchen Stories blog. David, Luise and their daughter 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 seven months old. Take your own inspiration from their travels: start the day with indulgent almond pumpkin waffles from San Francisco, tuck into a raw beansprout pad thai from Thailand for lunch, and a Sri Lankan vegetable curry for supper. 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, Green Kitchen Travels shares modern and inspiring vegetarian, vegan and gluten-free recipes.



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