



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

By David Frenkiel, Luise Vindahl

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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 beansprout pad thai from Thailand for lunch, and a Sri Lankan vegetable curry for supper. David and Luise have you spoilt 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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*By David Frenkiel, Luise Vindahl*

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### Editorial Review

#### Review

“If you haven’t heard about Green Kitchen Stories yet, don’t blame us. We’ve been obsessing over this couple and their Nordic way of life forever...their latest cookbook, *Green Kitchen Travels*, inspired by – what else? – their family travels. Most notably, their time spent up and down the coast of California and on to the culinary epicenter that is New York City.” –*The Chalkboard Mag*

“...a visually stunning book filled with 90 recipes that are accessible to the home cook based on their travels (all except two are gluten-free). Taking inspiration from traditional recipes, with some slight adjustments, they’re made healthier for everyday meals...the recipes look absolutely decadent (each and every recipe has an accompanying photo), the photos are just as much a part of this book as are the recipes. They bring you in as if you were with them at the wonderful hole-in-the-wall restaurant somewhere in the Born district of Barcelona or having a conversation on an airplane about a recipe. *Green Kitchen Travels* is an inspiring book that is equal parts cookbook, travel journal and photo album. I’m thrilled it’s part of our home collection and can’t wait to put some of these recipes to the test with my own kids.” –*Traveling Mom.com*

“...*Green Kitchen Travels*, the newest book from Green Kitchen Stories bloggers David Frenkel and Luise Vindahl is one of the pretty--and pretty delicious--ones. Frenkel and Vindahl are intrepid travelers and curious eaters, and their new book shares recipes and ideas they gathered from their feast around the world.” –*Epicurious*

“Frenkiel and Vindahl are the couple behind dreamboat Scandi food blog *Green Kitchen Stories*. Who would like it? New parents and healthy veggies alike, and anyone for whom the first meal is the best one of the day: there are very few dishes here that wouldn’t be at home on a brunch buffet...this is light and energizing fare, often unintentionally vegan and all the more inspiring for it. There’s a reason *Green Kitchen Stories* is one of the most avidly read blogs out there – **their passion for food is palpable, and an instant invitation to tuck in.**” –*The Guardian*

“Required Reading” –*Gardenista*

“Just looking at the cover of *Green Kitchen Travels* stirred up inspiration on the visceral level for me. There are beautiful photographs of food, yes, but also captures of the worldly places that inspired each dish. This one accomplishes both handily. **There’s nothing about it that I don’t love.** Addictive is the only adjective you need to know, but here are some others: crunchy, salty, sweet, tender, and fresh. Lots of things to turn the wheels no matter what level you’re at with whole food + vegetarian adventures. You can buy it (and you should seriously).” –*The First Mess*

“The new vegetarian cookbook from blogging power couple, *Green Kitchen Travels* will convert even the most meat loving of carnivores. Just like their blog (and their first cookbook), this book features beautifully-styled food photography, stunning shots of their travels and a generous helping of Scandi-cool. With a focus on natural, organic ingredients and a large selection of vegan and gluten free recipes, this inspiring book shows you that creating healthy vegetarian food can be both exciting and enjoyable.” –*Get the Gloss*

“There wasn’t a picture, a recipe, a story that I didn’t fall in love with. Let’s just say that I have a huge crush on this book. One of the reasons I connected so strongly to their book has to do with the way David and

Louise eat...each creation isn't just flavorful, but, overall, pretty healthy as well. If a recipe isn't vegetarian or vegan, it's gluten-free. Sometimes both." –*AThoughtforFood.net*

"I've been anticipating their second cookbook, *Green Kitchen Travels*, with much enthusiasm after admiring their work for many years. The book is filled with vibrant vegetarian and vegan dishes, many of which I was tempted to make right away. What makes it special is that every recipe is inspired by the authors' travels around the world, often based on authentic dishes with a fresh, veggie-based twist. The creative and easy-going GKS style is evident on every page." –*Golubkakitchen.com*

#### About the Author

David Frenkiel and Luise Vindahl are the faces behind the hugely successful blog Green Kitchen Stories, winner of the Saveur Best Special Diets Blog in 2013. Luise is the happy health freak with a passion for developing wheat-free and sugar-free recipes and David is the photographer and design-eye behind their work. This is their second book.

## Users Review

### From reader reviews:

#### Shirley Joy:

This Green Kitchen Travels: Healthy Vegetarian Food Inspired by Our Adventures book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book will be information inside this e-book incredible fresh, you will get information which is getting deeper you actually read a lot of information you will get. This Green Kitchen Travels: Healthy Vegetarian Food Inspired by Our Adventures without we realize teach the one who studying it become critical in thinking and analyzing. Don't end up being worry Green Kitchen Travels: Healthy Vegetarian Food Inspired by Our Adventures can bring if you are and not make your handbag space or bookshelves' turn into full because you can have it with your lovely laptop even telephone. This Green Kitchen Travels: Healthy Vegetarian Food Inspired by Our Adventures having great arrangement in word and layout, so you will not experience uninterested in reading.

#### Edna Barnett:

A lot of people always spent their very own free time to vacation as well as go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that's look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you read you can spent all day every day to reading a book. The book Green Kitchen Travels: Healthy Vegetarian Food Inspired by Our Adventures it is rather good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. When you did not have enough space to bring this book you can buy the actual e-book. You can m0ore very easily to read this book out of your smart phone. The price is not too costly but this book provides high quality.

#### Joseph Davis:

People live in this new morning of lifestyle always try and and must have the spare time or they will get lot

of stress from both day to day life and work. So , when we ask do people have free time, we will say absolutely of course. People is human not a robot. Then we consult again, what kind of activity do you possess when the spare time coming to you of course your answer will certainly unlimited right. Then do you ever try this one, reading books. It can be your alternative within spending your spare time, the book you have read is usually Green Kitchen Travels: Healthy Vegetarian Food Inspired by Our Adventures.

**Brenda Nunez:**

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