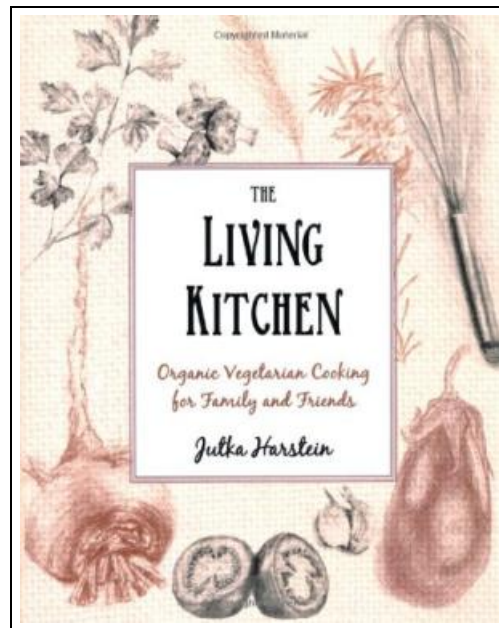


## The Living Kitchen: Organic Vegetarian Cooking for Family and Friends



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## THE LIVING KITCHEN: ORGANIC VEGETARIAN COOKING FOR FAMILY AND FRIENDS



Floris Books. Hardback. Book Condition: new. BRAND NEW, The Living Kitchen: Organic Vegetarian Cooking for Family and Friends, Jutka Harstein, With so many customers from her restaurant asking for her delicious recipes, Jutka Harstein decided it was time to write a cookery book. This beautiful hardback book, with soft, hand-drawn pencil illustrations, is filled with nourishing recipes for all the family to enjoy. Jutka shares stories of food from her childhood in Hungary, popular recipes for healthy children's meals, celebratory food to share with friends, and recipes through the seasons. Inspired by Rudolf Steiner's ideas, Jutka includes advice on nutrition and planning balanced meals that will nourish body, mind and spirit. She gives delicious options for including seven grains over the seven days of the week. All recipes use organic, vegetarian food, and are also kosher. The recipes are interspersed with charming personal anecdotes from her own life and the inspiration behind her recipes, which make this book a real joy to read.



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