



Zero Waste Vegetable Book: Save Money, Lose Weight and Cherish the Environment (Paperback)

By Lexi Sandon

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In the UK alone, households throw out seven million tonnes of food and drink every year, more than half of which is food and drink we could have eaten. Lexi Sandon s Zero Waste Vegetable Book provides 38 tasty vegetarian recipes that utilise foods we often throw out, from potato peelings to squishy fruit to unused egg yolks. Eating the whole fruit or vegetable not only means wasting less money and reducing the impact on the environment, it s also healthier. Often the parts we discard contain vital minerals and are rich sources of fibre. Recipes in the Zero Waste Vegetable Book include: Hungarian apple soup Beet greens risotto Bread and butter pudding Broccoli stalk pesto Omega seed mix and quinoa salad Roast radish and turnip focaccia And many more.



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