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Kathrin Salzwedel / Ramin Madani

## **Klara's Life: Vegan and Vegetarian Wellness Dishes**

Modern, Simple and Delicious

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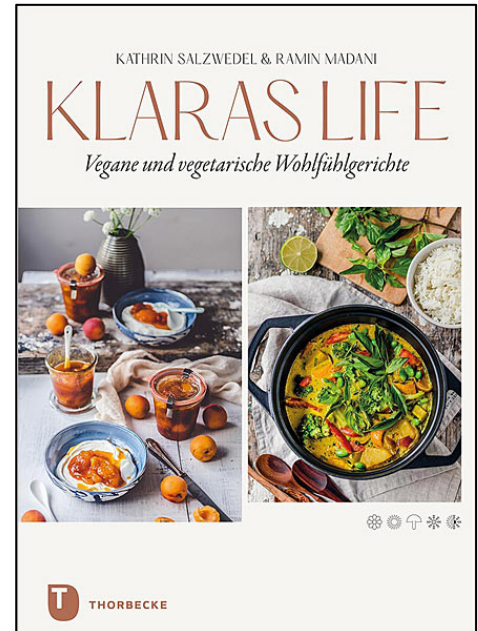
- With seasonal tips for sustainable shopping and cooking
- Wellness recipes for everyday use

Kathrin and Ramin of Klara's Life present the best recipes for the autumn-wintery trend topic of vegan and vegetarian comfort food in the first cookbook of their own recipes. The author duo shows how simple it is to shop and cook in a healthy, sustainable and seasonal way. Their modern and uncomplicated wellness recipes have both a regional and an international inspiration.

### **About the authors**

Kathrin Salzwedel lives at the edge of the Northern Black Forest together with her bantams. Her food-blog »klaralife« was born from the passion for photography and baking. Her favorite place is her kitchen where she creates new recipes daily. Kathrin is professionally active as food stylist as well.

Ramin Mandani lives at the edge of the Northern Black Forest together with his bantams. The food-blog »klaralife« was born from his passion for photography and baking. He creates new recipes daily.



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