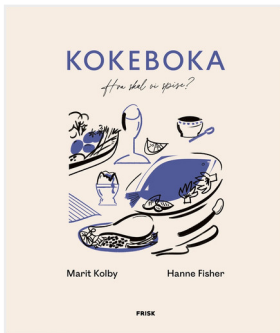


Stilton Literary Agency



What should we eat?

Original title: KOKEBOKA -Hva skal vi spise?
Publisher: Frisk Forlag 2023
Non Fiction / Cookbook /Health/Lifestyle
PDF in Norwegian

This book is for those of you who wish to cook more food from nutritious ingredients, but don't quite know where to start.

It is also an inspiration for those of you who are quite active in the kitchen, but who need a new refill of recipes that go on rotation in everyday life. We think that in our attempts to cook from scratch, we tend to set the bar too high. We have tried to set the bar at an easy achievable level but without compromising on either taste nor nutritional values!

The cookbook - *What should we eat?* is a practical sequel to Marit's first book *What and When should we eat?* It gives you simple, nutritious, and tasty recipes. Here you will get inspiration and motivation to rediscover the good and tasty ingredients and to make food enjoyable in everyday life.

Marit Kolby og Hanne Fisher

Marit Kolby has a bachelor's degree in food science and a master's degree in nutrition biology, and works as a university lecturer and researcher at Oslo Nye Høyskole. She is the author behind the successful bestselling title ***What and when should we eat?***

Hanne Fisher is a specialist in psychology and works in an interdisciplinary team in mental health care. She was educated in England, where she completed a Doctorate in Clinical Psychology (DClinPsy). The area of specialization was health psychology and the condition chronic fatigue syndrome, and she is concerned with the connection between nutrition, mental and physical health.