

Stilton Literary Agency



The Oat Cookbook

Original title: Havrekokeboka
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Non Fiction / Cookbook

Oats are a fantastic cereal and an excellent source of essential nutrients.

Tasty, filling, locally sourced and naturally gluten-free. Packed with soluble fiber that helps lower cholesterol and stabilize blood sugar.

The protein content is high, compared to other cereals and in addition you'll get vitamin B, Iron, zinc and magnesium.

In ***The Oat Cookbook*** you will get many useful tips and recipes on how to use oats in both new and more traditional ways. Tasty recipes on how to make your own oat milk, pizza base, smoothie or energy bar, pies and desserts, pastries and bread or spicy spices to used in salads, soups or risotto.

Explore all the possibilities and find your own favourite oat recipes!

Anne Mæhlum

Anne Mæhlum loves to gather and to cook with wild growing ingredients. When she is not out gathering edible plants, she works as a food stylist and art director. She is also an experienced and certified crop and mushroom expert. Her two previous books were made together with photographers Nina Dreyer Hensley and Jim Hensley.

Other titles

The Gold of the Forest (2025)
FLOWER POWER - Tasty Dishes with Edible Flowers (2025)
Wildly tasty Mushrooms (2023)
Wildly tasty (2023)