

BREAKFAST ALL DAY



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Frukost hela dagen

Anna & Rasmus Axelsson

180x250, 160p

Anna and Rasmus at Pom & Flora love breakfast food and believe it can be eaten for lunch and dinner too.

But just to be clear, we are not talking about traditional brunch heavy on the bacon rather food that is good for us, without for that reason compromising on flavour. Anna and Rasmus for example put together many different types of bowls, in which the base consists of yoghurt, chia, porridge or acai topped with berries, roasted nuts, maple syrup and different types of granola.

The sandwich chapter contains many different types of sandwich with plenty of avocado and eggs prepared in various ways, for example ryebread with avocado and creamy 6-minute egg topped with za'atar. It is tasty and attractive, containing in a mouthful the whole range of nutrition as described in contemporary dietary theory. But one cannot live on avocado sandwiches alone, the book also contains sweet bakes such as madeleine biscuits with lemon curd and roasted brioche with homemade nut butter, ricotta and jam. And banana bread! And along with it a bunch of drinks such as cold coffee drinks, tea soda, aniseed lassi, vegan milkshakes and matcha latte.

The food in *Breakfast all day* is good and healthy without being diet food, and vegetarian without being intended solely for vegetarians. Many of the book's seventy recipes are, or can easily be made, lactose and glutenfree, but only when it is suitable. Most important is its simplicity and the enjoyable side of the food, made only with quality staples – then even a banana sandwich with homemade nutella is healthy(ish).



About the authors

Anna and Rasmus Axelsson came up with the idea for Pom & Flora Café in Stockholm when they were on parental leave. Where they live there are plenty of fine restaurants, but no café to provide a light lunch - and above all none that serves a good breakfast.



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