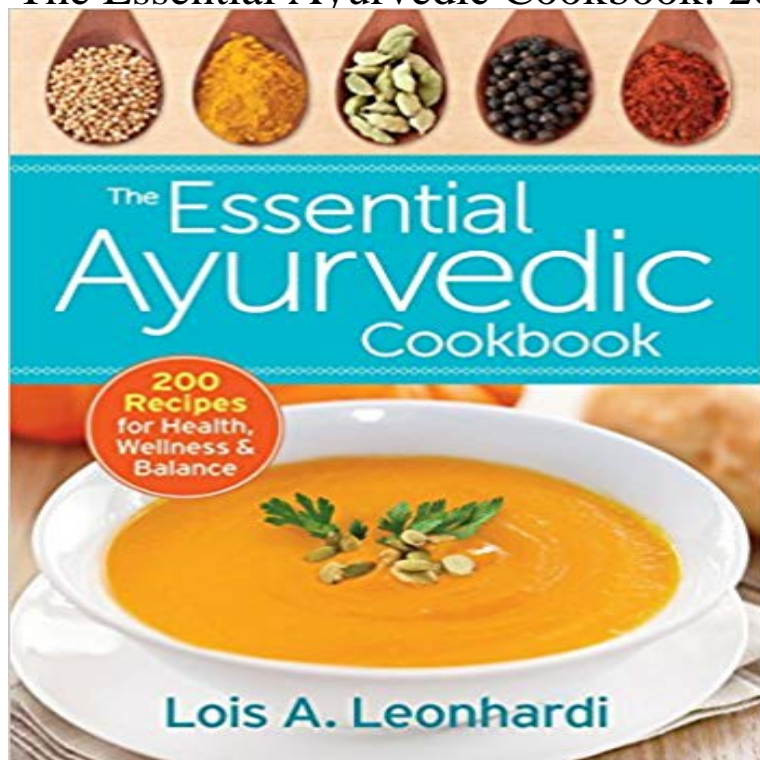


## The Essential Ayurvedic Cookbook: 200 Recipes for Wellness



Eating Healthy Never Tasted So Good! Ayurveda cooking has never been easier or tastier. More than a cookbook, Essential Ayurvedic Cooking addresses wellness, happiness and balance via the time-honored principles of Ayurveda. This fresh interpretation is flexible and fun - designed for people living in a western culture seeking immediate benefits. With ingredient lists that are readily available and tailored to a western palate, you'll be whipping up tasty, healthy meals on a regular basis! No prior ayurveda experience is necessary. Recipes are designed to balance all constitutions (tri-doshic), which minimizes the guesswork for what recipes are appropriate for each individual. Not just for vegetarians, many of the recipes can be prepared in a variety of ways to accommodate dietary preferences and culinary medicinal uses such as: Vegan Creamy Chilled Avocado Soup, Ginger-braised Fennel and Sweet Potato, Rosemary-infused Heirloom Scarlet Runners, Pitta Kapha Cannellini Kale & Artichoke Saute, Brussels Sprout and Sweet Potato Saute, French Lentil Salad with Lemon Dressing, Mushroom Almond Pate Vegetarian Okra with Ginger Lemongrass Sauce, Millet with Mushroom Vegetable Ragout, Quinoa with Spinach Pesto Cream Sauce, Vegetarian Lasagna Omnivores Bison Meatloaf with Maple Tamarind Sauce, Broiled Salmon in Maple Lime Marinade, Moroccan Lamb Meatballs, Spanish Chicken Gluten-free Amaranth crepes, GF tabbouleh, Chicken Tikka Masala, Citrus Spice Glass Noodle Stir Fry, Kapha GF Mushroom Artichoke Pesto Pizzette, GF Pomegranate Orange Chip Bars, Kabocha Carmel Custard, Italian Flatbread Culinary Medicine Slow Cooker Bone Broth, Miso Soup, Iron-Boosting Pomegranate Lamb Soup, Chicken Lemongrass & Quinoa Soup, Ginger Tea, Turmeric Milk, Go-To-Sleep

Nutmeg Milk For anyone looking to improve a regular diet or to experience new ayurvedic practices, this book provides easily understood guidance for a balanced life of wellness without stress. The book has been endorsed by The Association of Ayurveda Professionals of North America (APNA) and board members of the National Ayurveda Medical Association (NAMA).

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