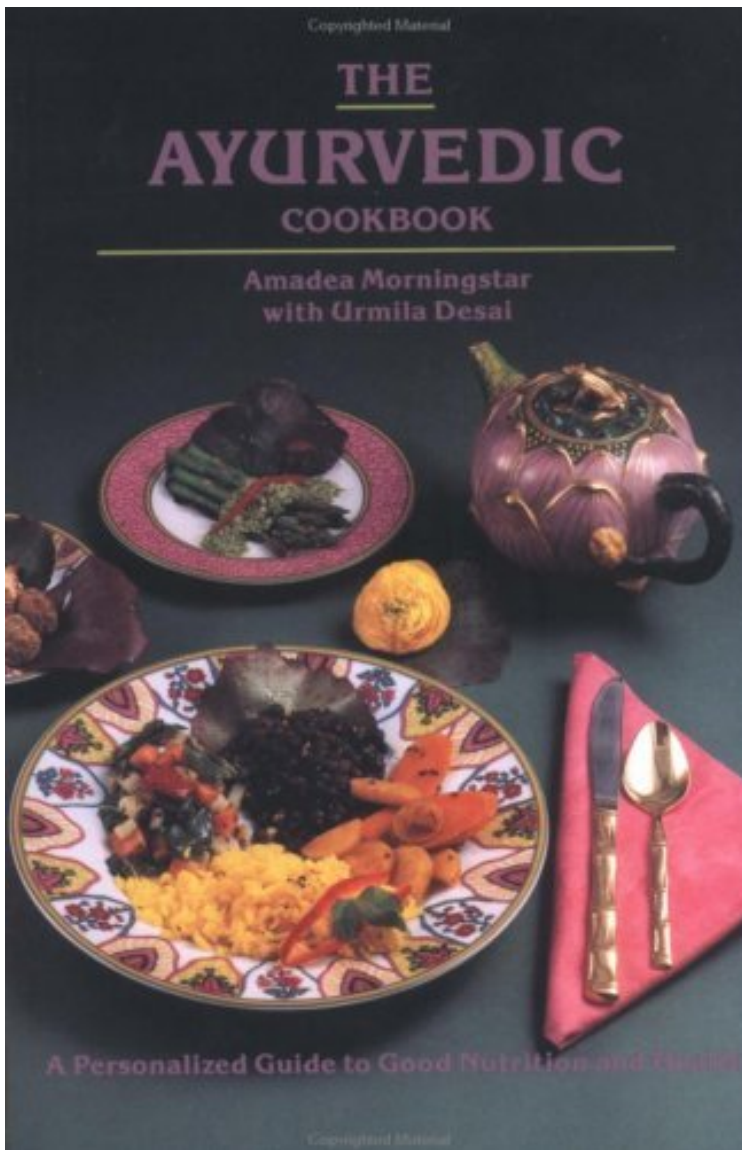


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The Ayurvedic Cookbook



Par Amadea Morningstar, Urmila Desai
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Description :

Prsentation de l'diteurThe Ayurvedic Cookbook gives a fresh new perspective on this ancient art of self-healing. Over 250 taste-tested recipes are specifically designed to balance each constitution, with an emphasis on simplicity, ease and sound nutrition. Revue de presse Amadea Morningstar not only gives you delicious, simple recipes for meals but also recipes for medicinal drinks, based on Ayurveda. She talks about the spiritual side of cooking, which has affected my personal approach to cooking everything - not just these foods. She also gives good information on dairy and how it is best digested. The one recipe I keep coming back to in here is the one for banana muffins. No one can resist them! I change the flours at times, and find that this recipe is the best vegan muffin recipe I've ever found! BTW -if you are vegan or vegetarian, this

book is an excellent resource. --jumpy1 on June 27, 2001I have been really pleased with the Ayurvedic Cookbook! It gives an excellent introduction into Ayurvedic nutritional theory, along with a self-exam so that you may determine your Dosha. There is a great index in the back which lists all foods according to their Dosha which makes menu planning easier. For the most part, the recipes are tasty and easy to prepare. You may find it difficult, however to locate some of the unique Indian spices and food items, especially if you are not living in a large metropolitan area. I did not care for some of the recipes as they were a little strange to my taste, but most were excellent! --Lauri L. Schmidt on March 6, 1998This book is the very first which transformed me from one who dislikes cooking into one that is eager to cook and learn more and more!!! I just simply cannot believe this is happening to me. I have never liked cooking. And it makes for the most thrilling reading too!! Because of various health problems I was always advised to try different diets but never liked what I cooked. It was always the most boring task. This book has changed my attitude in the most profound ways, where I begin to perceive food not only as a source of nourishment but also a way to understand my own body's energetical needs and how to heal it. It is the most interesting fact to learn the connection between the food and my emotions. Through these quick, simple and most delicious recipes I am learning how to create foods which calm me when I need calming, ground me when I need grounding and cool or warm me depending on the season and the balance in my energy pattern. But it's not only that, I can even effect a positive emotional and digestive change in my husband through dishes that are meant for his type! This book is slowly turning me from "cook hater" into "cook lover" and I cannot wait to try all of those recipes. The pumpkin or sweet potato halva recipe had us on our knees. It is sublime. The Indian tastes are simply like swimming in a deep ocean while the American cooking is more like swimming in a small and shallow pond. Why not jump in on the deeper side of life? --Beata P. on October 16, 2005Prsentation de l'diteurThe Ayurvedic Cookbook gives a fresh new perspective on this ancient art of self-healing. Over 250 taste-tested recipes are specifically designed to balance each constitution, with an emphasis on simplicity, ease and sound nutrition.