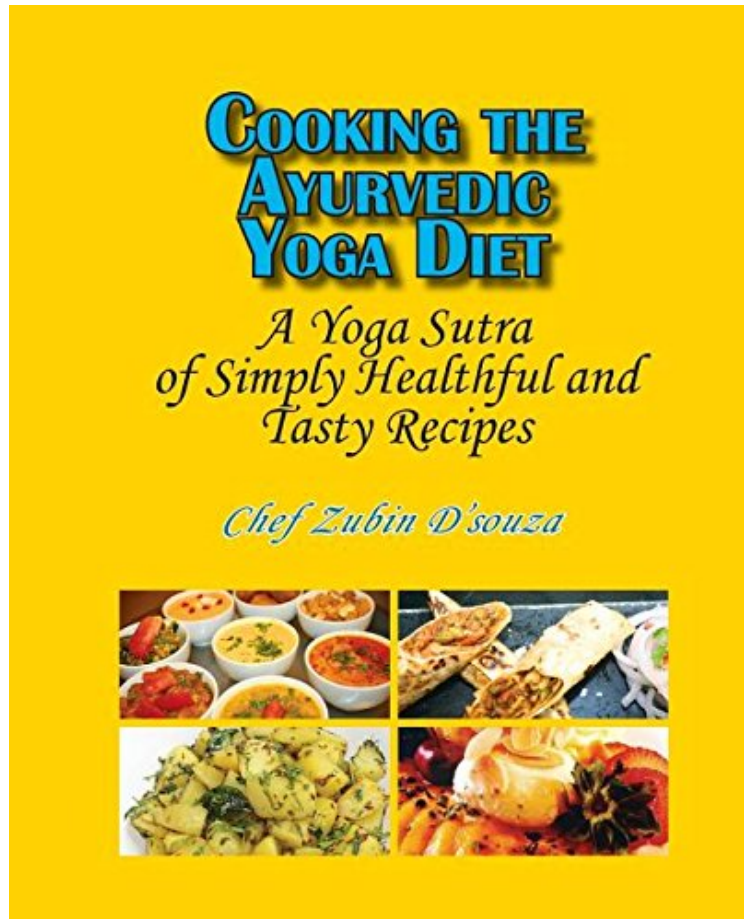


[Download] Cooking the Ayurvedic Yoga Diet: A Yoga Sutra of Simply Healthful and Tasty Recipes

Cooking the Ayurvedic Yoga Diet: A Yoga Sutra of Simply Healthful and Tasty Recipes

Zubin D'Souza

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before purchasing it in order to gage whether or not it would be worth my time, and all praised Cooking the Ayurvedic Yoga Diet: A Yoga Sutra of Simply Healthful and Tasty Recipes:

More than 120 recipes with both American and European measurements, this book draws its great-tasting and healthy recipes from hermitages in which the author lived throughout India. Now executive chef of a five-star hotel in Mumbai (and past participant in OCLD, India's cooking internship more difficult to get into than Harvard Law), Zubin D'souza has chefed all over the world and traveled much of India to compile this collection of recipes gained from his first-hand living of Ayurvedic principles. Salads and soups Masalas and curries Raitas and paneers Vegetables of every kind Dals, rice, and breads Dips, chutneys, and pickles Desserts that are good for you they're all here, gathered from

hermitages all over India by a master chef who has modified these recipes especially for your kitchen. There is even a brief explanation of Ayurveda for those unfamiliar with its principles, while not delaying those who are-those eager to get to cooking and enjoying!