

(Library ebook) Cooking With Krishna: Gluten-Free Vegan Indian Cuisine for the Conscious Eater

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Aruna Dawn Grey PhD
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COOKING WITH KRISHNA



GLUTEN-FREE VEGAN
INDIAN CUISINE
FOR THE CONSCIOUS EATER

ARUNA DAWN GREY

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Aruna Dawn Grey PhD : Cooking With Krishna: Gluten-Free Vegan Indian Cuisine for the Conscious Eater
before purchasing it in order to gauge whether or not it would be worth my time, and all praised Cooking With Krishna: Gluten-Free Vegan Indian Cuisine for the Conscious Eater:

0 of 0 people found the following review helpful. Five StarsBy amaliagreat book0 of 0 people found the following review helpful. Great For BeginnersBy Judith HershellI bought this for a bridal shower, along with several packages of Indian spices, and it was a huge hit.5 of 8 people found the following review helpful. DisappointedBy LisawrightFirst of all, this book has no index. Whoever heard of a cookbook with no index? So, for example, you remember reading a

recipe that called for tempeh. You turn to the back of the book and realize you have to go through the whole book again to find it. Many of the recipes have Indian names and if you don't recognize these from eating out or visiting India, you're lost when you do such a search because you have NO IDEA! She didn't have an editor. Didn't have a copyeditor (many mistakes in the text) and so it makes me leery of trying a recipe that calls for 8 cups of milk, for example. What if a key ingredient was left out? What if she meant to say 4 cups of milk? Sigh. Even if the book is self-published, she could ask a friend to check it. If I had known it was going to be a book like this, I wouldn't have bought it. I assume no one tested the recipes besides the author...who might have been busy petting her cat instead of measuring properly.

Holistic Health Practitioner and author Aruna Dawn Grey shares delicious and authentic Indian recipes in this volume of gluten-free vegan cuisine, suitable for beginners. These recipes were gathered from Ashrams and villages as a result of her journey on the Yogi path, and are perfect for vegans and gluten-free eaters alike. *Cooking with Krishna* offers breakfasts, appetizers, soups and salads, side dishes, main courses, and desserts and beverages from all regions of India. Special instructions are provided in the introduction to help the new vegan, gluten-free eater, or Indian cook to help stock your pantry. Learn to make your own chutneys, raita, and even vegan paneer and yogurt. A helpful introduction to Indian cooking will help you locate and stock the spices and flavors of India. Divinely inspired, cruelty-free cooking never tasted so good. Aruna is a second generation disciple of the great Master Paramhansa Yogananda. She was given the spiritual name, Aruna, by Swami Kriyananda soon after her Kriya initiation.