

The Healing Kitchen: Vegetarian Cooking for Higher Awareness



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Reviews

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(Mrs. Felicia Windler)

THE HEALING KITCHEN: VEGETARIAN COOKING FOR HIGHER AWARENESS

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Crystal Clarity,U.S., United States, 2016. Paperback. Book Condition: New. 251 x 200 mm. Language: English . Brand New Book. Learn the keys to adding the most important ingredient of all to your meals: higher awareness. Diksha McCord shows a wide variety of ways to transform your cooking into a joyful experience that will uplift you and everyone who eats your meals. You ll learn how to transform your kitchen into a sacred space, as well as increase your knowledge of vegetarian cooking and nutrition, based on the healing principles of Ayurveda. Ayurveda is one of the world s oldest holistic (whole-body) healing systems, developed thousands of years ago in India.The Healing Kitchen is a multi-cultural culinary tour through the four seasons. You ll receive expert guidance for matching your meals to each season for maximum nutrition, health, and vitality and minimum effort. The Healing Kitchen offers: . More than 200 easy recipes most are vegan (dairy-free and gluten-free) . Tips for spiritualizing your cooking . Healthy habits of eating that don t compromise taste . 8 Complete Meals for all seasons, plus special holiday meals . Healthy and delicious smoothies, drinks, and herbal teas . How to grow and use sprouts . Basic recipes for grains, legumes, vegetables, sauces, and dressings . How to make breads and gluten-free desserts . How to make gourmet, healthy pizza . A 9-day cleansing diet . Special bonus: 4 free video classes for holiday meals with recipes (Thanksgiving, Christmas, Easter, and Fourth of July) This book is based on, and a companion work to, Diksha McCord s popular online video series, Vegetarian Cooking for Health and Vitality. Diksha is also the author of two other vegetarian cookbooks: Global Kitchen and Vegetarian Cooking for Starters.



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