

The book was found

Pure Vegetarian: 108 Indian-Inspired Recipes To Nourish Body And Soul



Synopsis

An inspired vegetarian cookbook with 108 recipes inflected with the practices of Ayurveda and mindfulness practices derived from a bhakti yogic lifestyle. Food is so much more than nourishment for the body, and health is not just a results-oriented goal. Lakshmi Wennakoski-Bielicki, the creator of PureVege.com, creates food that is healthy, tasty, ethically sound, and spiritually resonant: it is an offering of devotion. To Lakshmi, a vegetarian diet is simply the practical starting point on the path toward a more mindful life. Pure Vegetarian melds yoga philosophy with mindful food preparation and delicious meals, any day, all year long. You do not need to practice yoga or Ayurveda to find these recipes accessible, delicious, and divine. Many of the 108 recipes are influenced by Indian tradition but modified for the Western palate. Lakshmi encourages experimenting with favorite vegetables and seasonings to create fresh versions of familiar classics: spelt crackers with hummus, strawberry halva, fig tart with frozen pecan pudding. The recipes are easily adapted to a vegan or gluten-free diet as well. Recipes include:Â Homemade cheeses, yogurt, buttermilk, and other organic dairy productsÂ Fresh-baked Indian-style flatbreads and snacksÂ Wholesome legume and rice dishes, packed full of seasonal vegetables for hearty meals year-roundÂ Fragrant spice blends to accent all kinds of sweet and savory dishesÂ Salads, sprouts, chutneys, and sauces to flavor any mealÂ Sweet desserts, confections, and refreshing drinks to satisfy any palate

Book Information

Hardcover: 320 pages

Publisher: Roost Books (July 21, 2015)

Language: English

ISBN-10: 1611801443

ISBN-13: 978-1611801446

Product Dimensions: 7.7 x 1.2 x 9.8 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #559,020 in Books (See Top 100 in Books) #177 inÂ Books > Cookbooks, Food & Wine > Asian Cooking > Indian #731 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #5748 inÂ Books > Cookbooks, Food & Wine > Regional & International

Customer Reviews

I bought Pure Vegetarian while on vacation and read all non-recipe parts on my flight back home--it was so interesting! Now I'm trying the recipes, and they are not only satisfying but motivating for me to experiment with her ideas of ingredients and spice combinations. The Jagannath Dal is so flavorful! I also love the way Lakshmi helps us relate to food beyond consumerism, bringing our attention to the social and spiritual aspects preparing and sharing food. Well-structured and beautifully illustrated, delicious recipes with clear instructions that are easy to follow with any skill level in the kitchen -- all I want from a good cookbook. As an Ayurvedic chef, cooking instructor, and a yoga practitioner, I am excited to recommend Pure Vegetarian to my students and clients. Honestly, we need more books like this one.

This is a beautiful and inspiring book. I have been following Lakshmi's blog, Pure Vegetarian www.purevege.com, for several years. When she announced she'd be publishing a cookbook I was delighted. Everything about her blog is done with excellence and sincerity. I knew she'd bring that same sensibility to a book in print. The writing is full of love and hope. The photographs are more like fine art than food photos. And the recipes are both grounding and creative. My family had her Watermelon Salad with Toasted Sunflower Seeds for dinner last night. The dish brought a smile with every bite. In her introduction, Lakshmi says she hopes that by opening up about her food experiences, we, the readers, will reexamine our own relationship with food. That we will discover new parts of ourselves in the process. A hope that is at once complex and utterly simple. She has succeeded. I highly recommend this book. While the recipes are vegetarian, the book itself is not just for vegetarians. Rather, it is for anyone who loves to eat and craves inspiration. Well done, Lakshmi.

What a mouthwatering and heartwarming book. It's definitely much more than just a recipe book...it's a beautiful offering of true yogic wisdom and knowledge and how food co-relates to our higher selves! I highly recommend this book for all aspiring yogi's and yogini's....and anyone who enjoys wholesome, delicious food :).

Just lovely! Made a beet, orange and carrot juice so far and it was delicious!

Loved it.

[Download to continue reading...](#)

Pure Vegetarian: 108 Indian-Inspired Recipes to Nourish Body and Soul Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron)

(Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegetarian:
Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet,
Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet)
VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN
FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN
RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Indian Cooking: for Beginners -
Indian Recipes Cookbook 101 - Indian Cuisine - Indian Culinary Traditions (Indian Food Recipes -
Indian Food Cookbook for Beginners) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for
Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb
Vegetarian Recipes for Diet and Lifestyle) Vegetarian Quick & Easy - Under 15 Minutes: (100
Simple Natural Food Recipes) (Weight Maintenance & Low Fat Lifestyle) (Vegetarian Weight Loss)
(Special ... & Vegetarian Recipes Collection Book 2) Pure Pulp: FANTASTIC ADVENTURES VOL.
1: TWO COMPLETE ORIGINAL PULP MAGAZINE ISSUES FROM THE 1939 & 1940 - 250
PAGES OF PURE PULP SCIENCE FICTION (PURE PULP - COMPLETE ORIGINAL MAGAZINES)
BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer,
Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Healthy
Eating: Winter Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to
Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health Vegetarian: The Beginners
Guide to a Vegetarian LifestyleÂ© with The Top 170+ Healthy Recipes (Includes 8 FULL Weeks
FULL Month Meal Plan, Vegetarian Diet Weight Loss Cookbook) Vegetarian: 50 The Best
Vegetarian Slow Cooker Recipes-Great, Healthy, Delicious Place To Start With Vegetarian Slow
Cooker Eating the Bible: Over 50 Delicious Recipes to Feed Your Body and Nourish Your Soul
RECIPES:THAI FOOD: VEGE-THAI-RIAN: MOUTHWATERING THAI VEGETARIAN RECIPES
(Vegan, Vegetarian Quick Easy Reference): Child Approved Simple Recipes, Fusion ... Special Diet
Special Occasions) Menus and Memories from Punjab: Meals to Nourish Body and Soul
(Hippocrene Cookbooks) 132+ Delicious Salads, Dressings And Dips: Healthy Salad Recipes For
Weight Loss, Great For Vegetarian And Raw Vegan Diets (Gabrielle's FUSS-FREE Healthy Eating
Cookbooks And Vegetarian Recipes) Body Language: Body Language Training - Attract Women &
Command Respect, by Mastering Your High Status Body Language (Body Language Attraction,
Body Language ... Language Secrets, Nonverbal Communication) Top 30 Polish Vegetarian
Recipes in Just And Only 3 Steps (World Most-Popular Vegetarian Recipes Book 6) Top 30 Turkish
Vegetarian Recipes in Just And Only 3 Steps (World Most-Popular Vegetarian Recipes Book 8)
Ideas for a Pure Phenomenology and Phenomenological Philosophy: First Book: General

Introduction to Pure Phenomenology (Hackett Classics)

[Dmca](#)