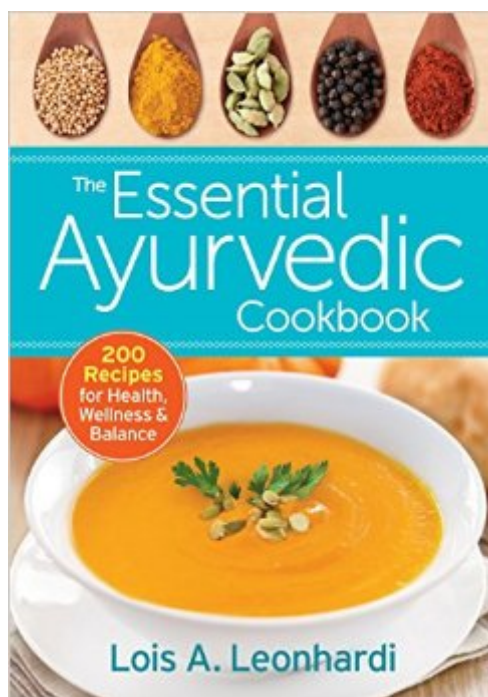


The book was found

The Essential Ayurvedic Cookbook: 200 Recipes For Wellness



Synopsis

Eating Healthy Never Tasted So Good!Â Â Ayurveda cooking has never been easier or tastier.Â More than a cookbook, Essential Ayurvedic Cooking addresses wellness, happiness and balance via the time-honored principles of Ayurveda. This fresh interpretation is flexible and fun - designed for people living in a western culture seeking immediate benefits. With ingredient lists that are readily available and tailored to a western palate, you'll be whipping up tasty, healthy meals on a regular basis! No prior ayurveda experience is necessary. Recipes are designed to balance all constitutions (tri-doshic), which minimizes the guesswork for what recipes are appropriate for each individual. Not just for vegetarians, many of the recipes can be prepared in a variety of ways to accommodate dietary preferences and culinary medicinal uses such as: Vegan Creamy Chilled Avocado Soup, Ginger-braised Fennel and Sweet Potato, Rosemary-infused Heirloom Scarlet Runners, Pitta Kapha Cannellini Kale & Artichoke SautÃ©, Brussels Sprout and Sweet Potato SautÃ©, French Lentil Salad with Lemon Dressing, Mushroom Almond PÃtÃ©Â Â Â Vegetarian Okra with Ginger Lemongrass Sauce, Millet with Mushroom Vegetable Ragout, Quinoa with Spinach Pesto Cream Sauce, Vegetarian Lasagna Omnivores Bison Meatloaf with Maple Tamarind Sauce, Broiled Salmon in Maple Lime Marinade, Moroccan Lamb Meatballs,Â Spanish Chicken Gluten-free Amaranth crepes, GF "tabbouleh", Chicken Tikka Masala, Citrus Spice Glass Noodle Stir Fry, Kapha GF Mushroom Artichoke Pesto Pizzette, GF Pomegranate Orange Chip Bars, Kabocha Carmel Custard, Italian FlatbreadÂ Culinary Medicine Slow Cooker Bone Broth, Miso Soup, Iron-Boosting Pomegranate Lamb Soup, Chicken Lemongrass & Quinoa Soup, Ginger Tea, Turmeric Milk, Go-To-Sleep Nutmeg MilkÂ Â For anyone looking to improve a regular diet or to experience new ayurvedic practices, this book provides easily understood guidance for a balanced life of wellness without stress. The book has been endorsedÂ by The Association of Ayurveda Professionals of North America (APNA) and board members of the National Ayurveda Medical Association (NAMA).

Book Information

Paperback: 248 pages

Publisher: Robert Rose (September 2, 2015)

Language: English

ISBN-10: 0778805131

ISBN-13: 978-0778805137

Product Dimensions: 7 x 0.8 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (9 customer reviews)

Best Sellers Rank: #326,546 in Books (See Top 100 in Books) #91 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #110 in Â Books > Cookbooks, Food & Wine > Asian Cooking > Indian #499 in Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

Author Leonhardi guides the reader to not only understand the philosophy behind this holistic approach to cooking but also how to apply it in a custom-tailored fashion for optimum health and wellness. Not only will the reader gain insight into the tastes, qualities and elements associated with specific food choices, they will also be able to take a quiz to determine whether their constitution is vata, pitta or kapha, call the three doshas. Armed with this knowledge, readers can select the recipes and preparations that offer them the best opportunity for balance, energy and overall wellness. This is not a cookbook that you open to any page and start cooking. It guides you through a commitment to choosing a different way of daily dietary choices that works with, rather than against, your dosha. We love the emphasis on using an abundance of fresh seasonal produce in the 200 recipes presented, as well as the use of more off-beat meat choices such as bison and rabbit. Kudos to Leonhardi for serving as the reader's personal Ayurvedic coach as they pursue a goal of a more balanced life that emphasizes eating and feeling well!

I did receive this cookbook from Robert Rose Publishing in exchange for an honest review. This book was my first real exposure to the Ayurvedic diet and I think Ms. Leonhardi explains things very well. I came away from reading the book with a much better understanding of the basic concepts behind this diet and approach to health. I found her 10 Ayurvedic Tips for Wellness to be especially helpful. I also really liked that the book is designed for Westerners and for families so much of the challenging work of adapting this diet to a more Western approach has already been done for me. I can see that for those who are deeply into this diet this book might not be what they want. But for those who want to learn about this approach this is a great place to start. The book also includes 200 recipes covering all categories of foods. I look forward to making many of them. My only complaint is that there are limited pictures in the cookbook. I love pictures of the dishes I want to make. I understand that is a practical consideration related to cost and it would not deter me from purchasing this book.

If you are new to this type of philosophy this book requires your attention to understand the concepts. I think if you already know Ayurvedic principles youâ€™ll breeze right through it. This is more than a cookbook, as many of the newer cookbooks are these days. It integrates wellness, happiness and balance using the ancient principles of Ayurveda and is designed for people seeking immediate benefits. The recipes are tridoshic â€” balancing to all constitutions â€” to minimize guesswork about what recipes will be appropriate for each reader.

This cookbook is absolutely amazing! All the recipes are healthy and the cookbook is great for those looking for vegan, gluten-free, and dairy-free options (individuals with food allergies)! It has many recipes for those doing cleanses or if you just want to live a healthier lifestyle! This is my go to cookbook whenever I feel like I need more balance in my life which seems to be everyday! Everything in it is fabulous!

Everything I've tried so far is healthy, balancing, and delicious. I love the huge variety of dishes included. Regarding taste, eating healthy can be disappointing - but not here! Everything is so appetizing. I'm especially enjoying the Tikka Masala Chicken and Porcini's Red Wine Risotto. There's also tons of information on Ayurveda and healthy living. The attention to detail is really impressive. 5 stars!!

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

Ayurvedic: Cookbook For Beginners: Easy-to-Follow Recipes for Building Better Holistic Health (Ayurvedic cookbook, Ayurvedic home remedies, Ayurveda, Ayurvedic ... Ayurvedic self healing, Ayurvedic 1) The Essential Ayurvedic Cookbook: 200 Recipes for Wellness Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories IlluminaciÃ³n / Lighting: 200 trucos en decoraciÃ³n / 200 Tricks in Decoration (200 Trucos / 200 Tricks) (Spanish Edition) Prakriti: Your Ayurvedic Constitution (Your Ayurvedic Constitution Revised Enlarged Second Edition) Ayurvedic Cooking for Westerners: Familiar Western Food Prepared with Ayurvedic Principles Salads - Top 200 Salad Recipes Cookbook (Salads, Salads Recipes, Salads to go, Salad Cookbook, Salads Recipes Cookbook, Salads for Weight Loss, Salad Dressing Recipes, Salad Dressing, Fruit Salad) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) ESSENTIAL

OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Crock Pot Recipes - The Ultimate 500 CrockPot Recipes Cookbook (Crock-Pot Meals, Crock Pot Cookbook, Slow Cooker, Slow Cooker Recipes, Slow Cooking, Slow ... Meals, Paleo, Vegan): Bonus 200 Recipes Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) The Easy Ayurveda Cookbook: An Ayurvedic Cookbook to Balance Your Body and Eat Well Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Recipes Free) Rice Cooker Recipes: The Ultimate Rice Cooker Cookbook: The Best Quick And Easy Rice Cooker Recipes You Can Make At Home Tonight (Rice Cooker Cookbook, ... Recipes, Rice Cookbook, Rice Recipes) The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) Ayurvedic Cookbook: Collection of Traditional and Creative Recipes for Home Cook Essential Oils: 40 Amazing Essential Oil Recipes for Diffusers: (Diffusers, Natural Remedies) (essential oils diffusers, young living essential oils book)

[Dmca](#)