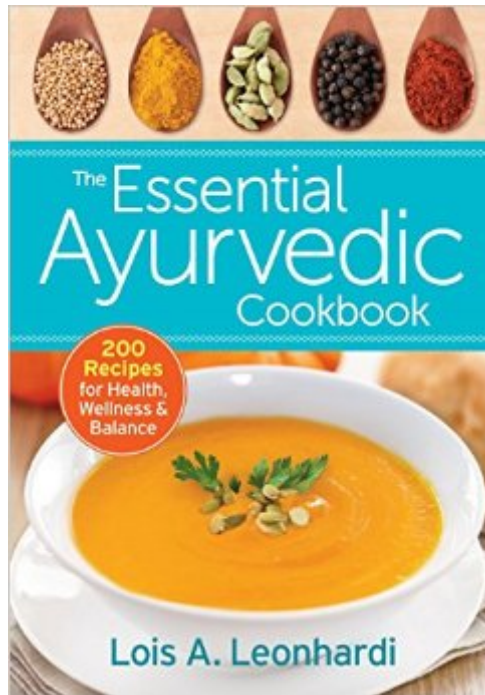


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# The Essential Ayurvedic Cookbook: 200 Recipes For Wellness



## Synopsis

Eating Healthy Never Tasted So Good! Ayurveda cooking has never been easier or tastier. 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 Sauté, Brussels Sprout and Sweet Potato Sauté, French Lentil Salad with Lemon Dressing, Mushroom Almond Pâté, 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, 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 Flatbread 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 Milk 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 endorsed by The Association of Ayurveda Professionals of North America (APNA) and board members of the National Ayurveda Medical Association (NAMA).

## Book Information

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## 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 you'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 - balancing to all constitutions - 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!!

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