

Barley Sauté with Sweet Potato, Asparagus and Burdock

# The Essential Ayurvedic Cookbook

## 200 Recipes for Health, Wellness & Balance

Would you like to have more happiness and balance in your life? The solution is as simple as modifying your food choices so that they are in sync with your unique constitution. This easy-to-follow, holistic approach to cooking follows the time-honored principles of ayurveda and adapts them for use in today's fast-paced world.

**This book is a stroke of genius in the creation of delicious recipes that demonstrate a proper understanding of ayurvedic principles and guidelines.**

— Dr. Shekhar Annambhotla, MD (Ayu), LMT, Director, Ojas, LLC and President, Association of Ayurvedic Professionals of North America, Inc. (AAPNA)

**The timeless wisdom of ayurveda is beautifully put together in this book.**

**By applying these basic principles in daily cooking, the reader can prove that cooking is both science and art.**

— Vasant Lad, B.A.M.S., M.A.Sc., ayurvedic physician and author of *Ayurveda: Science of Self-Healing*, Textbook of Ayurveda series and more.



Many of the recipes can be personalized to be dairy-free, gluten-free, soy-free, with meat, vegetarian or vegan.



Amaranth Crêpes with Pomegranate Syrup

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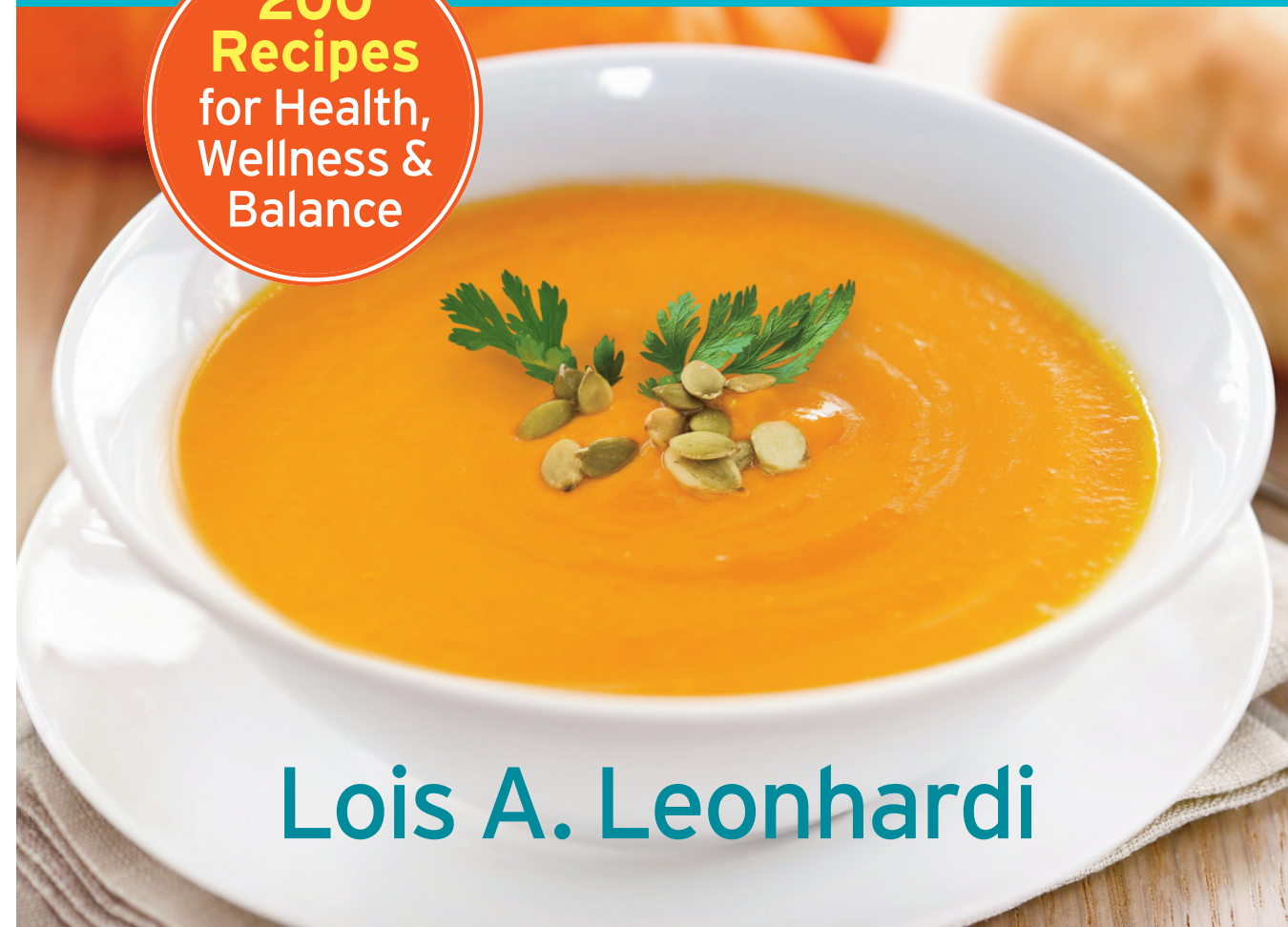
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