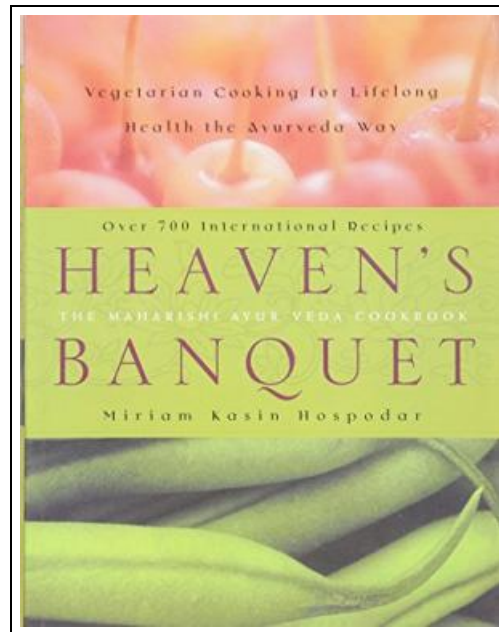


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Penguin Books Ltd, United Kingdom, 2008. Paperback. Condition: New. Reissue. Language: English . Brand New Book. Written with the support of the Maharishi Ayur-Veda Institute, this comprehensive cookbook shows how to incorporate the timeless principles of Ayurveda into the twenty-first century kitchen. A result of Miriam Kasin Hospodar s twenty-year culinary journey, Heaven s Banquet draws from a rich palette of international cuisines and teaches you how to match your diet to your mind-body type for maximum health and well-being. It contains over 700 surprisingly simple recipes, ranging from Thai Corn Fritters and Asian-Cajun Eggplant Gumbo to West African Avocado Mousse and Mocha-Spice Cake with Coffee Cream Frosting. Readers will discover the most effective methods of preparing food, the benefits of eating seasonally for individual types, and how to create a diet for the entire family. There are special sections on how to lose weight and control sugar sensitivity, a questionnaire to help determine mind-body type, and essential ingredients for a well-stocked Ayurvedic kitchen.



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