

modern ayurvedic cookbook pdf

90 ¸ The Modern Ayurvedic Cookbook . thinly sliced ¸,4 cup rice vinegar 1 11¸,2 cups daikon. place carrots and daikon and sprinkle with salt. In a serving bowl. Season with salt and pepper. combine all salad ingredients and toss. then set over a sink or bowl to drain for 5¸10 minutes.

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(Ayurveda is not exclusively vegetarian, although this book is.) Written with both converts and beginners in mind, The Modern Ayurvedic Cookbook is a twenty-first-century approach to a five-thousand-year-old tradition that will restore your health, energy, and sense of well-being.

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