



Heaven's Banquet: Vegetarian Cooking for Lifelong Health the Ayurveda Way

Miriam Kasin Hospodar

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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 shows how to match your diet to your mind-body type for maximum health and well-being. The more than 700 recipes included here range 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.

Fully illustrated, and written for everyone from the beginner cook to the experienced chef, **Heaven's Banquet** shows how to use food to tap into your body's intelligence and create lifelong health.

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