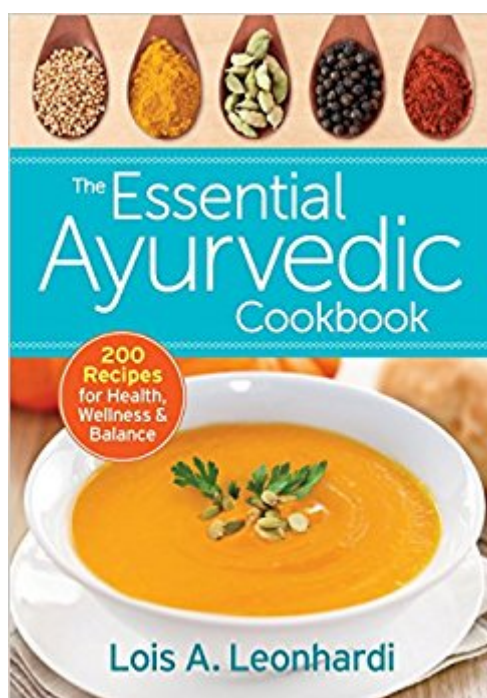


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The Essential Ayurvedic Cookbook: 200 Recipes For Health, Wellness And Balance



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

Lois A. Leonhardi is a Certified Ayurvedic Practitioner and educator based in Los Angeles. She creates custom-designed diet and exercise programs for her clients to reduce stress, improve digestion and lose weight, helping them create new, healthy habits that will last a lifetime.

I am one of the author's current clients and I was inspired to consult with her after reading her book, "The Essential Ayurvedic Cookbook." First of all, to comment on the book: it is an EXCELLENT Ayurvedic cookbook. Lois has obviously put a lot of time, effort, and soul into this work. I was impressed that Lois studied under Dr. Vasant Lad and that he wrote a recommendation for her on the back cover of the book. Dr. Lad is a very respected authority on Ayurveda and I'm sure that he is careful about who he gives his stamp of approval to. I really liked that the book wasn't just a collection of recipes. It has a helpful, thorough background information section about Ayurveda at the beginning that tells you most everything you need to know about Ayurveda and why it works. I have already made several of the recipes in the book. They are easy to make and quite good. Most importantly, I FEEL good after I eat Lois' food. I don't get any bloating, heartburn, or indigestion after eating any of her meals. I recommend this book to anyone who wants to learn more about Ayurveda and who wants to be able to make easy, delicious, healthy Ayurvedic food. I will also note that Lois is available for consultation. She has really helped me with some health issues I've been experiencing for years due to chronic inflammation. I consulted with her on Skype and she designed extremely beneficial inflammation-fighting meals, yoga routines, and stress-reducing techniques for me. I would recommend that you visit Lois' website at www.yogawithlois for more information.

What an amazing book! Great introduction to understanding Ayurveda and the exceptional recipes that follow are so delicious

I liked it.

Wonderful book for balancing

I would have liked more pictures of the recipes.

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 $\tilde{A}f\hat{A}c\tilde{A} \hat{a} -\tilde{A} \hat{a} \bullet$ balancing to all constitutions $\tilde{A}f\hat{A}c\tilde{A} \hat{a} -\tilde{A} \hat{a} \bullet$ to minimize guesswork about what recipes will be appropriate for each reader.

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