



The Ayurvedic Cookbook

By Amadea Morningstar, Urmila Desai



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How to apply Ayurvedic principles to your cooking with hundreds of delicious, easy recipes.

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The Ayurvedic Cookbook By Amadea Morningstar, Urmila Desai Bibliography

- Sales Rank: #54694 in Books
- Brand: Morningstar, Amadea
- Published on: 1992-12-03
- Ingredients: Ayurvedic Cookbook gives a fresh new perspective on this ancient art of self-healing. Over 250 taste-tested recipes are specifically designed to balance each constitution, with an emphasis on simplicity, ease and sound nutrition.
- Original language: English
- Number of items: 1
- Dimensions: 9.08" h x .79" w x 6.16" l,
- Binding: Paperback
- 351 pages

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