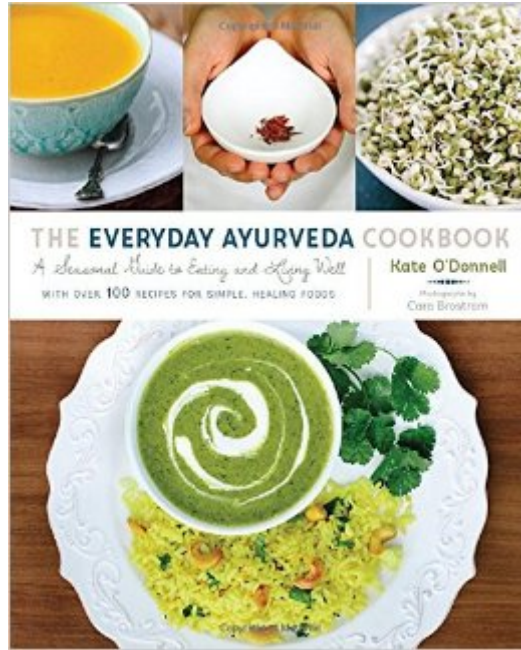


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# The Everyday Ayurveda Cookbook: A Seasonal Guide To Eating And Living Well



## Synopsis

Eat delicious seasonal food, balance the body, and heal the gut with simplified, traditional Ayurvedic wisdom and over 100 simple recipes designed to get you cooking in the kitchen. Even the simplest Ayurveda practices complement Western medicine because of their focus on righting imbalance before it creates disease. Keeping digestion on track is the key to health in Ayurveda, and eating natural, homemade foods in accordance with personal constitution and changes in environment is often all that is needed to bring a body back into balance. The Everyday Ayurveda Cookbook inspires yogis and nonyogis alike to get into the kitchen and explore this time-honored system of seasonal eating for health and nourishment. Ditching processed food and learning to eat well at home are the first steps you can take to relieving imbalance. The Everyday Ayurveda Cookbook removes many of the obstacles by showing you how straightforward and accessible preparing your own delicious, seasonal meals can be. Season by season, learn how the changing weather and qualities in your environment both mirror and influence your body and appetite. Lifestyle advice on meal planning, self-care regimens, and how to ensure health during the change of seasons is included throughout. And the no-fuss recipes will get you eager to cook. To expand your cooking repertoire, you'll also learn foundational "everyday" recipes that can be adapted to any season and any dosha: once you understand the blueprint of a basic dish, you can recreate it in your kitchen year-round, using seasonal produce, grains, and flavors for health and nourishment.

## Book Information

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## Customer Reviews

(note: I am Patocaster's wife writing this review) This is the perfect Ayurveda Cookbook for every

day meal planning. Kate has organized the basics, principles and theory to practice of Aruyveda cooking, along with the lists of ingredients, with spices and meals for each season. But first she has a section on Everyday meals for breakfast, lunch, and dinner that are foundational and simple for every day eating. I have been looking for my next Ayurveda cookbook and this is put together so well, so complete, and intuitive to traverse! Upon purchase, I sat down and read it cover to cover. I put page tags on the meals that sounded the most appealing, reviewed them all a second time and planned our week menu. I made sure we had all the ingredients in the house, and set about making meals every day this past week. !WOW! ...just this morning I baked the Cranberry Butternut Muffins~ Phenomenal! First I baked a butternut squash with butter and drizzle of maple syrup at 400 degrees for 50 minutes. Then put together 1/2 cup of the warm butternut squash & Almond meal (instead of flour) along with coconut oil, maple syrup, 2 eggs, etc filled 6 muffin baking cops, with sprinkles of shredded coconut pg 201! For lunch I whipped up the Red Lentil Pate with Basmati Rice wrapped in collard green leaves\* I find I am sitting down reading it again, planning next week's meals. Excellent work, Kate O'Donnell!\* Thank you!\*

This book is phenomenal! I have been studying ayurveda for nearly 10 years and have been waiting for THIS cookbook! Kate brings a very user friendly approach to a deep, vast system. Each recipe has a little story that invites you in to the experience. The recipes are simple and delicious. The ingredients are manageable and you don't need to be an expert chef to cook from this book. The photography is stunning! This book should be on every one's shelf whether you practice ayurveda, yoga or simply want to eat easy to prepare delicious meals!

I love this book. I've really liked the recipes I've tried so far and the background on Ayurveda is really helpful to ground you in the recipes and lifestyle. The instructions are easy to follow and I love the shopping lists - they layout makes it really easy to find things! And the photography is so great! Try the chai recipe first! :)

This book is absolutely awesome! I have 200h of Ayurveda training and I use this book to incorporate the practice into my life. The book is complete, easy to follow and the pictures are beautiful! I love the tidbits of information about Kate's experiences and ways to simplify the organization of the spices, for example, by discussing the storage containers for the spices. The recipes are versatile and Kate's fall, winter, spring and summer spice mixes make creating the dishes easy. My favorite recipe so far (I have only tried the fall and winter recipes) is huevos

rancheros and brussel sprouts hash. My daughter and I love this! I have even used the brussel sprouts hash recipe in another dish that I prepare that includes a flat bread and rajma--yummy!  
Thank you, Kate!

I got my introduction to Ayurveda from Kate. For the longest time, I looked for and collected Ayurvedic cookbooks and recipes without much success of truly getting the hang of it. I can honestly say that this book has changed my perspective on actualizing the Ayurvedic lifestyle from a diet perspective. The ingredients are simple and directions are easy to follow. After a few times of making something, I no longer have to depend on the recipes to make them and can prepare grains and legumes ahead of time. The shopping lists are the best part. The seasonable organization makes so much sense. Thanks Kate and Cara! A note on making Dosa. I had a hard time with getting the right consistency of dosa dough. I'd follow the directions exactly and nothing would happen to the batter. I just didn't know what to really look for. I looked at videos and images online but it was still hard to get a sense. I read numerous blogs and forum comments complaining that perhaps it's too clean in America. It seemed like an especially impossible task in New England, in the middle of winter. But, it's much easier than I'd imagined. I now just leave it the freshly ground batter on the counter, uncovered, and let it sit for as long as it needs to start the fermentation process. At fairly low room temperature, it could take up to 2 days. That's why my initial tries showed no results. When it's fermented, you'll know by the change in consistency (almost like milk curdling), doubling of volume, and smell. Happy cooking!

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