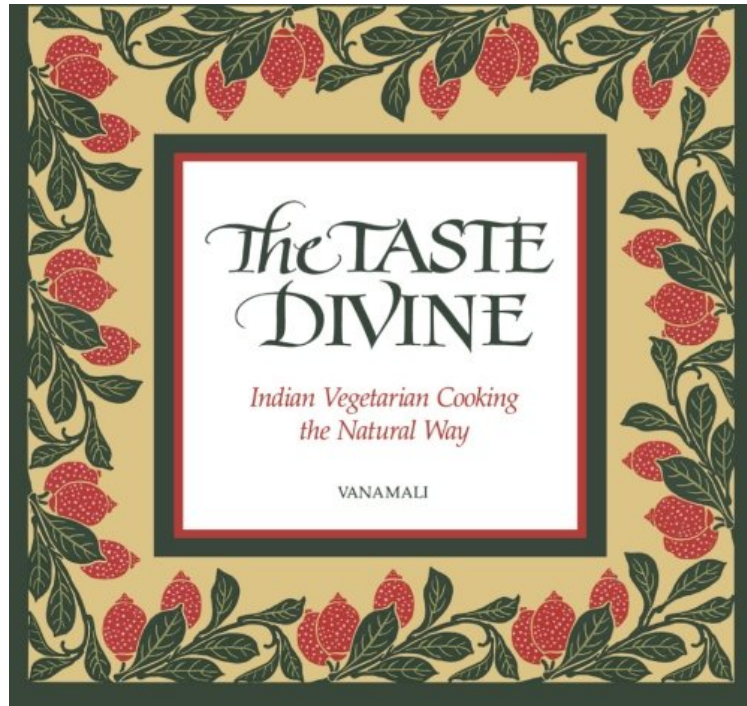


(Download pdf) The Taste Divine: Indian Vegetarian Cooking the Natural Way

## The Taste Divine: Indian Vegetarian Cooking the Natural Way

Vanamali

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**Vanamali : The Taste Divine: Indian Vegetarian Cooking the Natural Way** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Taste Divine: Indian Vegetarian Cooking the Natural Way:

10 of 11 people found the following review helpful. Sattvic Cooking to Nourish Body SoulBy We Are 1Easy, simple, and delicious recipes based on the teachings of the Bhagavad Gita.Intended to support a yogic lifestyle or for anyone who appreciates healthy, flavorful food.This book is perhaps one of the few cookbooks which can be read with interest even by those who have no interest in cooking! The reason is that the book does not merely cater to the palate but also to the spirit. The author tries to project a new way of life rather than a few recipes.Food is a necessary evil or a necessary delight, depending upon whether you eat to live or live to eat.Whatever the choice, food would be doubly delightful if it was capable of evolving the individual at the same time as giving delight in the mind.This is why this book is unique since it endeavors to do both. It also shows us how food can be both tasty and healthy at the same time.In olden times, children were named after Gods, so that each time we called them, unconsciously we would also be repeating a mantra.Here many of the recipes are called after the names of Krishna and others, by various aspects of Yoga.Just the repetition of these names would elevate our level of consciousness.This is thus a cookbook with a difference.The food in this book, not only tastes divine but it also gives us a taste, for the divine! In addition to the recipes, the book contains a glossary of ingredients with their Hindi equivalents, instruction for the preparation of certain essential items, and general information on cooking and equipment.

The recipes, information, and philosophy of food contained in this book are based on the teachings of the Bhagavad

Gita. Although the recipes are intended to support a yogic lifestyle, they are not for ascetics. They are useful to anyone who is seeking flavorful food and a healthy lifestyle. Developed in an Ashram near Rishikesh, the recipes have proven their value and effectiveness through long usage. Because they have been refined and simplified, they are easy to use. In addition to the recipes, the book contains a glossary of ingredients with their Hindi equivalents, instruction for the preparation of certain essential items, and general information on cooking and equipment.

About the Author Vanamali is the Master of the Vanamali Gita Yogashram situated three kilometers from Rishikesh at Tapovan Sarai.