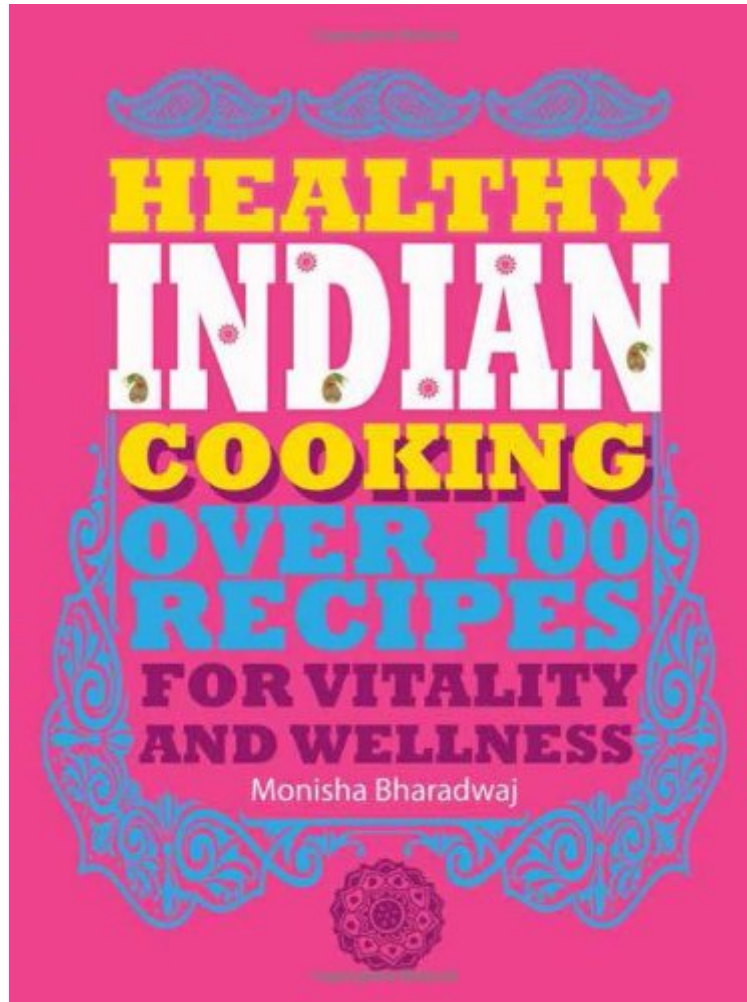


[FREE] Healthy Indian Cooking: Over 100 Recipes for Vitality and Wellness

Healthy Indian Cooking: Over 100 Recipes for Vitality and Wellness

Monisha Bharadwaj

ebooks | Download PDF | *ePub | DOC | audiobook



[Download](#)

[Read Online](#)

#3371526 in Books 2013-03-05Original language:EnglishPDF # 1 .50 x 7.60 x 10.20l, 1.00 #File Name: 1780972636144 pages | File size: 35.Mb

Monisha Bharadwaj : Healthy Indian Cooking: Over 100 Recipes for Vitality and Wellness before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Indian Cooking: Over 100 Recipes for Vitality and Wellness:

For optimal health, go Indian! In this definitive guide to Indian eating for well-being, acclaimed food writer Monisha Bharadwaj provides more than 100 easy-to-prepare recipes that dispel the myths (high in fat, complicated, time-consuming) about the cuisine. She lays out the Ayurvedic principles underlying Indian cooking, explaining how to choose and combine ingredients, and the best method of preparing them. In accordance with Ayurvedic belief that a food's color indicates its health values, the dishes appear on color-coded pages reflecting the properties of their key

ingredients. Both a guide to the Ayurvedic diet and lifestyle, and a cookbook to help you return to a state of harmonious balance, *Healthy Indian Cooking* also features a foreword by a leading Ayurvedic doctor.

About the Author Monisha Bharadwaj is a nutritionist and home economist who has worked as a consultant for the Times of India newspaper group. The author of the much-acclaimed *The Indian Kitchen* (Kyle Cathie), a compendium of Indian ingredients, Monisha has also written for a variety of publications, including the Mail on Sunday, the Sunday Telegraph, Elle, and She magazine.