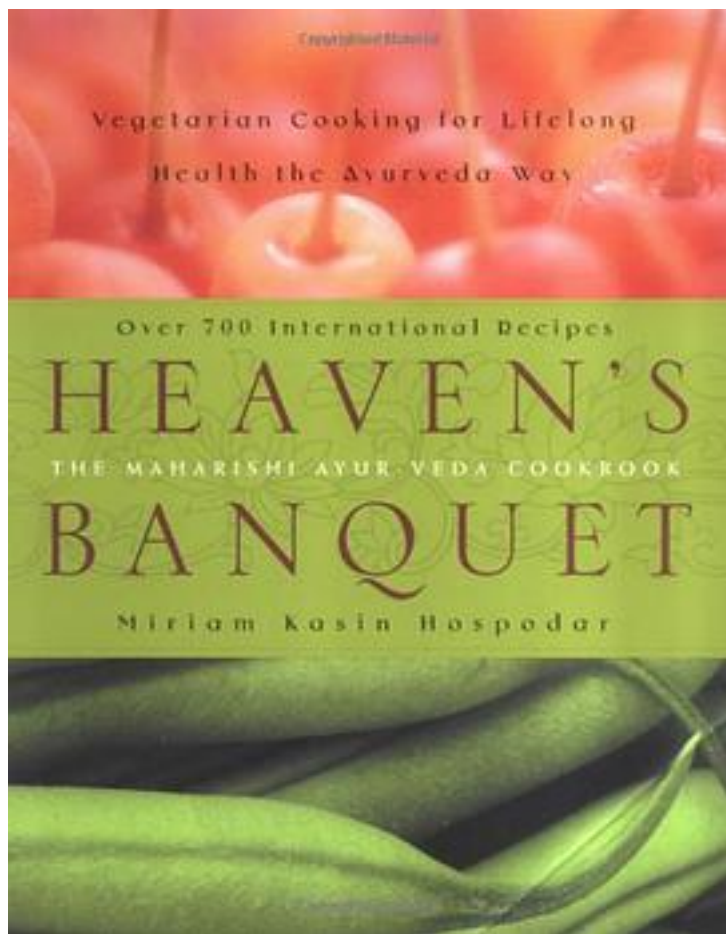


Heaven's Banquet



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著者:Hospodar, Miriam Kasin

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"Offers the kind of cooking wisdom and inspirational recipes that I will turn to again and again." (Jennifer Hawthorne, coauthor of Chicken Soup for the Woman's Soul)

Written with the support of the Maharishi Ayur-Veda Institute, this comprehensive cookbook shows how to incorporate the timeless principles of Ayurveda into the twenty-first-century kitchen.

A result of Miriam Kasin Hospodar's twenty-year culinary journey, Heaven's Banquet draws from a rich palette of international cuisines and shows how to match your diet to your mind-body type for maximum health and well-being. The more than 700 recipes included here range from Thai Corn Fritters and Asian- Cajun Eggplant Gumbo to West African Avocado Mousse and Mocha-Spice Cake with Coffee Cream Frosting. Readers will discover the most effective methods of preparing food, the benefits of eating seasonally for individual types, and how to create a diet for the entire family. There are special sections on how to lose weight and control sugar sensitivity, a questionnaire to help determine mind-body type, and essential ingredients for a well-stocked Ayurvedic kitchen.

Fully illustrated, and written for everyone from the beginner cook to the experienced chef, Heaven's Banquet shows how to use food to tap into your body's intelligence and create lifelong health.

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