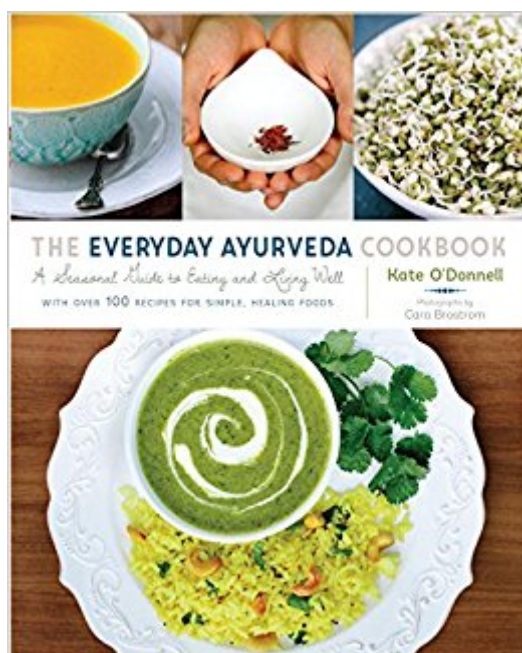


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# The Everyday Ayurveda Cookbook: A Seasonal Guide To Eating And Living Well



## 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

"Everyday Ayurveda is infused with an effortless wisdom born of Kate's deep connection

with food as medicine. The book is a goldmine for anyone wanting to heal and celebrate their body through the joyful practice of seasonal cooking." — Lily Diamond, creator of the blog Kale & Caramel

"Simple, basic tools are often all we need to get ourselves started on a healthy path. Kate O'Donnell has used her natural lightness and humor along with real-life examples to show us how easy this can be. The Everyday Ayurveda Cookbook is a must-have for anyone on the road to improve their health through good food sense." — Hilary Garivaltis, founder of the Kripalu School of Ayurveda

"Equal parts practical and inspirational, Kate's presentation of Ayurvedic wisdom and gorgeous recipes will change the way you think about cooking and eating, and gently guide you towards your healthiest self." — Natasha Rizopoulos, internationally acclaimed yoga teacher

"Emerging from an ancient Asian civilization, Ayurveda now brings its message to confused modern cultures: take care of the basics and live life to its fullest. In a world where so many of us survive on such little real nutrition, Ayurveda bids us to make real food our friend, as Kate O'Donnell clearly has. The Everyday Ayurveda Cookbook lures us into the kitchen, where food may once again work its healing alchemy on us. Let this book guide you into a daily practice of "the yoga of eating, and you can transform your life. Sukhino bhavantu!" — Dr. Robert Svoboda, Ayurvedic physician and author of Prakriti: Your Ayurvedic Constitution

"In this book, Kate has given us an in-depth introduction to the science of Ayurveda combined with recipes that are both practical and nourishing. It is sure to become a useful source both in the pantry and the library." — Nancy Gilgoff, international yoga teacher

KATE O'DONNELL is an Ashtanga yoga teacher, a nationally certified Ayurvedic practitioner, and an Ayurvedic yoga specialist. She is on the faculty for the Kripalu School of Ayurveda and for Ayurvedic Health Education trainings. She lives in Boston.

If I could, I would give this book a 6 star rating! I have never been so happy with a cook book! It has changed my life, seriously! From lamenting what I should cook and creating fairly uninspiring dishes (mainly for myself), I now effortlessly create gourmet lunches and dinners! (note: I am NOT getting paid to write this review!). I am a vegetarian, but I can see that a small portion of meat could go with the dishes. I don't find that necessary, because the dishes are filling and delicious. I love the way the book offers recipes for the 4 seasons, as well as a section called Every Day Recipes. Every season has its own spice mix and they are delightful to put together. The colors, the yellow, browns and oranges are so inviting! The spices are not hot. They just add a wonderful and interesting flavor to the dishes and I bet they are very healthy! The recipes are very easy. I'd say the average time it

takes to cook a meal is maybe 30 minutes, less once you've made them a few times. They are not at all complex and all have ingredients that are easy to find in a grocery store. I've effortlessly increased the amount of vegetables eaten by multitudes. The only minor criticism I have of the book is that the index is very incomplete and it is hard to search for dishes. But I made a list of all my favorites, including many wonderful drinks and desserts, with the page number and that works well. At least 4 of my friends are cooking entirely from this book, too and are equally happy with the recipes. If you are at all attracted to this kind of cooking, you won't regret buying this book!

(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 Ayurveda 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 cups, 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 served my purpose. It is in depth so like other comments if you're just looking for a simple ayurvedic recipe book without all of the extra info then this isn't for you. There is A LOT of useful information in it though. It's a nice book to sit down with if you're serious about ayurvedic integration. I would recommend it!

Got this for my brother as a gift! He was completely thrilled with it and can't wait to use it.

I am taking some courses in Ayurveda and purchased this book to learn new recipes

Great recipes, looking forward to her new book.

Already gave away two copies!

This is a fantastic cookbook. It is beautiful, well-organize, and informative with easy recipes that are appealing and light up the eyes and taste buds. Far more than I anticipated for the price. Excellent value for anyone wanting to utilize a system that works.

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