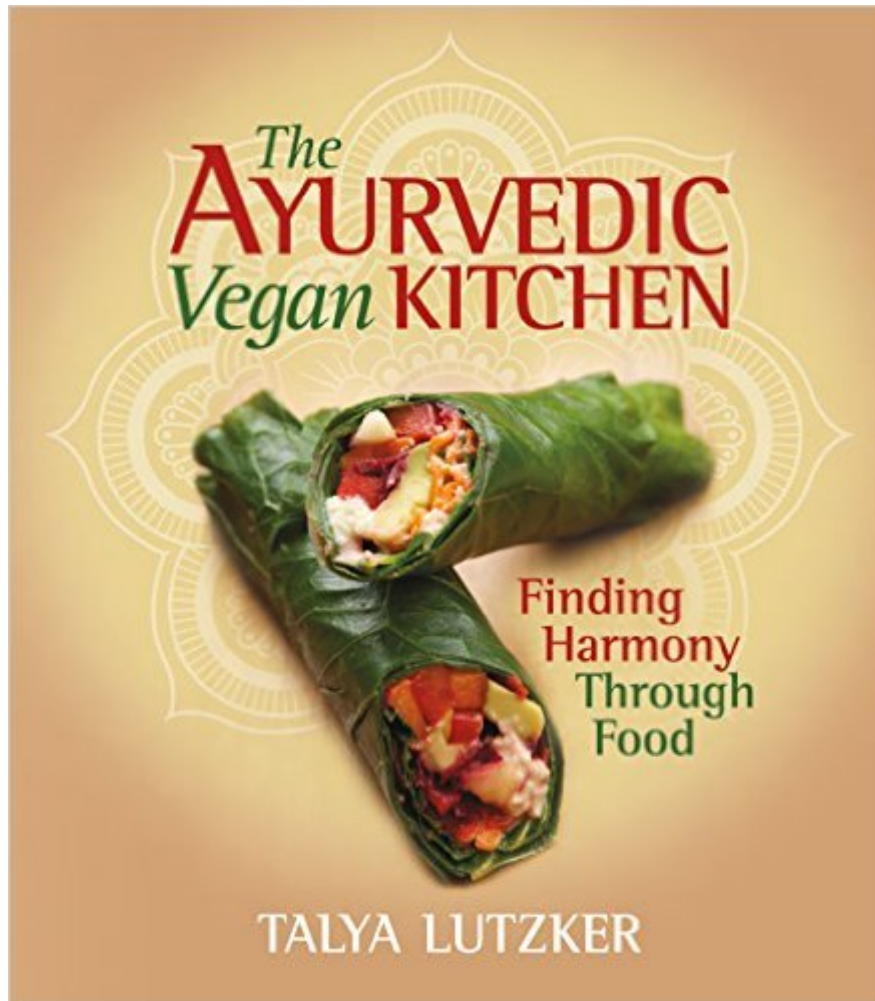


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# The Ayurvedic Vegan Kitchen: Finding Harmony Through Food



## Synopsis

The Ayurveda Vegan Kitchen offers people the opportunity to follow an Ayurvedic diet without the use of animal products. Ayurveda is a holistic healing system developed in ancient India to increase an understanding of the human body, mind, and spirit. It organizes the elements of ether, air, fire, water, and earth into three body types, or doshas. Although each person is unique, one of these doshas will predominate their constitution and will need to be balanced on a regular basis. Dairy products are important foods in traditional Ayurveda; however, for every milk-based food that Ayurvedic healers revere, there is an equally effective whole-food, vegan alternative. Following the same nutritional principles as traditional Ayurveda, Talya created over 120 delicious recipes that provide healing flavors and harmony to the mind and spirit. Easy-to-follow symbols on each recipe page show how the unique chemistry of that recipe can be used to balance the body's constitution. Since a healthy digestive system is at the core of ayurvedic medicine, these recipes will keep you on track and in good health.

## Book Information

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## Customer Reviews

I have several other books on ayurveda, but some of them are so difficult to follow that I've just closed them and put them back up on the bookshelf. In *The Ayurvedic Vegan Kitchen*, Talya Lutzer gives a primer on ayurveda, making it easy for Western minds to understand. The different doshas are explained, and advice on how to balance with them with nutrition is given, including lists of vegetables, grains and spices that work best to bring harmony. There's also a section on the six

tastes, and how they relate to emotion and digestion. The Ayurvedic Vegan Kitchen is also a cookbook. Traditional books on ayurveda tend to be heavy on dairy products since cheese and ghee are so prevalent in Indian culture, but Talya focuses on vegan foods. (Which I appreciate since I'm vegan!) Instead of using hard-to-find herbs and spices (that can also be hard to pronounce), the recipes use ingredients that are easy to find in just about any grocery store. There's a slight Indian influence, but recipes are easy to recognize too, with dishes like Spinach Pie, Tempeh Ruben and even Chocolate Fondue.

This is my new all time favorite cookbook! Everything I have tried so far has been scrumptious. I am not vegan (or even a vegetarian,) but I love all of the amazingly flavorful and creative dishes that I have learned to cook from it. I am pretty new to the concept of "ayurvedic cooking" but I found all of the information that the author shares so reader friendly. This cookbook is for anyone that wants to eat delicious food that is so good for you!

I bought this for myself and as a wedding gift to a friend who has Celiac's disease. She said, "I love this author, she is so fun to read, I love how she personalizes the recipes, I feel like she's in my kitchen with me. Plus, I have all these ingredients in my pantry already, except one or two, so I can just open the book and cook. I want to take personal cooking classes with her." I love it because of the new ideas on how to prepare gluten free dishes, and the wonderful way Talya Lutzker makes it easy and fun with how she describes the food and process. I hope she writes more cook books, and I think it would be great if she could do a cooking show.

Talya's book was not only full of great recipes that I can actually eat (as well as taste great), but very informative and insightful! Great outline and information on what the Ayurvedic system is! "In Ayurveda, establishing health and well-being means bringing balance to your body and mind." great book, highly recommended :)

This is a terrific book! In style that is clear, accessible, and fun to read, Talya Lutzker offers helpful information about Ayurvedic nutrition and a wealth of great recipes. In the first half of the book, she educates the reader about doshas (constitutional types) in a way that's easy to digest and assimilate. Every reader's diet will benefit from Talya's simple but powerful guidelines and suggestions. The second half of the book is packed with recipes - and they are wonderfully nutritious, diverse, and full of interesting surprises. From "Better Than Chicken Soup" to raw

sauerkraut, from mango lassi to "dadus" (delectable dessert treats!), the recipes cover an impressive range of flavors and cultures. I will turn to this book again and again for health support and fun, delicious menu ideas! Thank you, Talya!

Talya is one of my favorite Santa Cruz yoga teachers and Ayurvedic practitioners. When I bought the book, I have to admit I wasn't sure what Ayurvedic cooking was all about, but Talya's vibrant energy was enough to let me know she would have amazing insight to share. Of course the recipes are delicious and the introductions delightful. I'm a well-fed convert!

The concepts are easy to grasp, there is just the right amount of information to underlie the concepts of Ayurvedic eating, and the recipes are designed for the modern taste bud, within reason, of course, meaning that if you eat burgers, fries, and soda this will take as much getting used to as any shift to healthy eating. However, if you eat a relatively healthy vegetarian diet that actually includes vegetable as opposed to mainly carbs, you will likely make this a go to book for many delish dishes.

I am madly in love with this book. The recipes are so amazing and the information about Ayurveda is really easy to access. I always forget which foods to avoid for my dosha and this book makes that information so accessible. I especially love her dessert recipes. The gingersnaps are the BEST EVER. This is my new favorite cookbook!

The Ayurvedic Vegan Kitchen: Finding Harmony Through Food

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