



Veggiyana: The Dharma of Cooking: With 108 Deliciously Easy Vegetarian Recipes

Sandra Garson

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The kitchen is the most vital place on Earth, because survival, even now in the age of iPads and large hadron colliders, still depends on wholesome, nutritious food. In keeping with this simple truth Veggiyana provides 108 tasty, beloved and simple recipes from around the world. And generously sprinkled throughout--like the perfect blend of herbs and spices are morsels of time-tested wisdom on how to live a life that nourishes both body and spirit. *Veggiyana* brings the vitality of the worlds kitchens to your own with wisdom and recipes to delight and inspire.

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