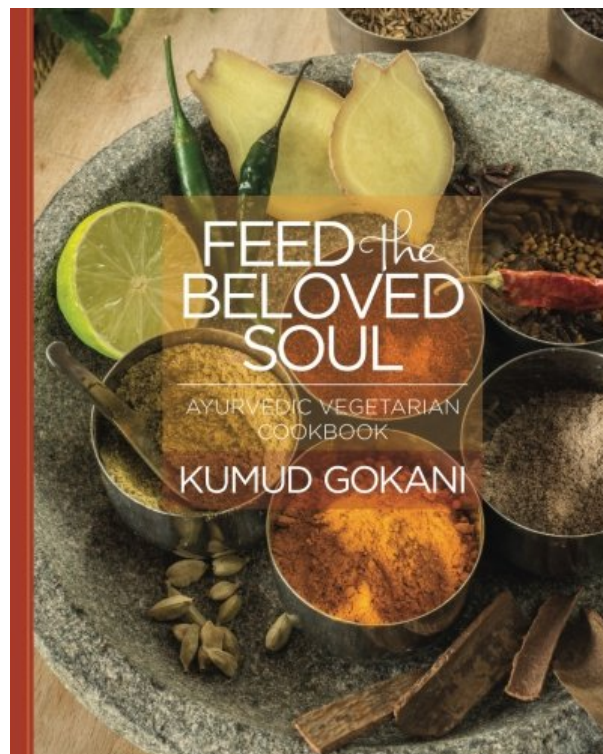
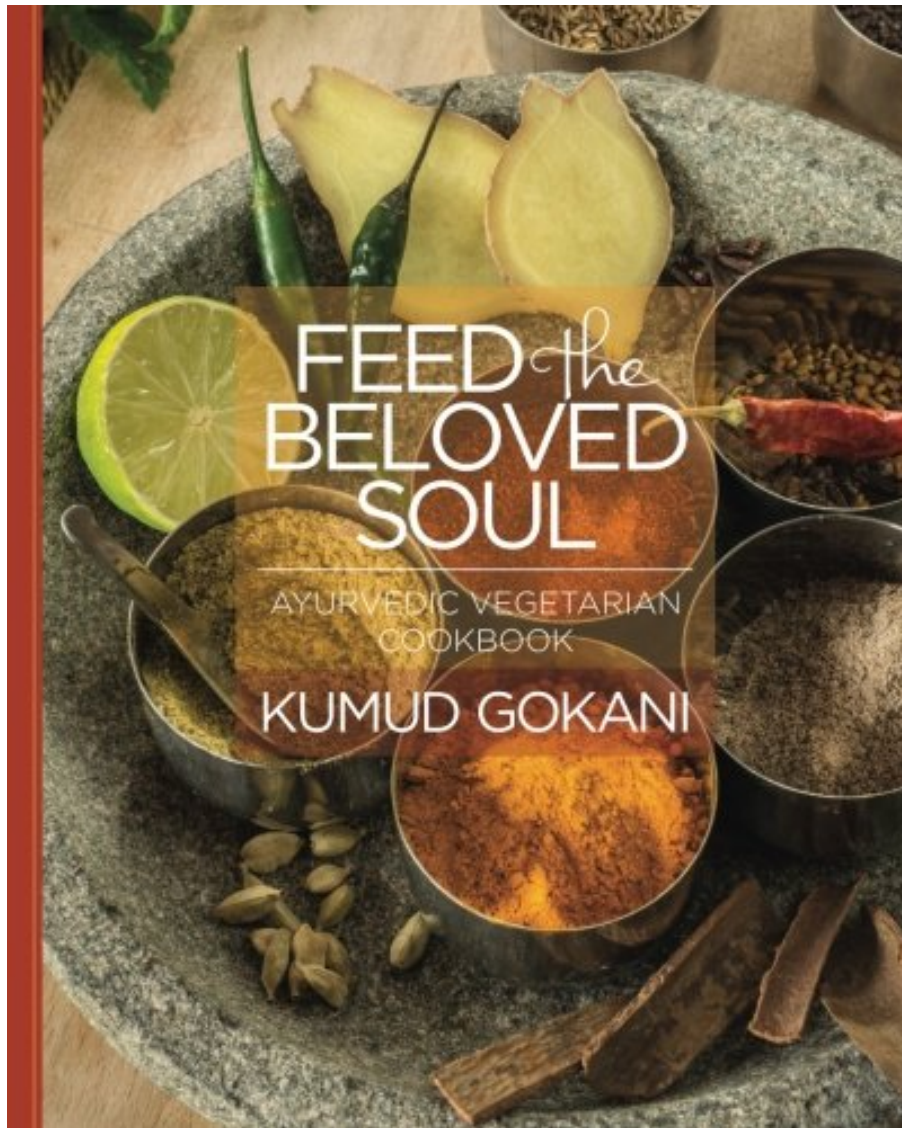


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About the Author

Kumud Gokani is the popular host of the long-running show **Cooking with Kumud**. She is passionate about vegetarian cooking and, most importantly, about preparing dishes with the magic ingredient of love. She has traveled the world and been fortunate enough to learn how to cook from her grandmothers, mother, mother-in-law, sisters, and many other dear friends who have imbued her with a sense of love, joy, and creativity in the kitchen.

Originally from India, Gokani has also spent many years in the United Kingdom and Kenya. She currently lives in Ashland, Oregon, with her husband and granddaughters.

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FEED THE BELOVED SOUL: AYURVEDIC VEGETARIAN COOKBOOK BY KUMUD GOKANI PDF

Today's busy lives need food that is balanced, healthy, beneficial to our bodies—and, of course, sublimely delicious.

Enter *Feed the Beloved Soul with Ayurvedic Cooking: Indian Vegetarian Cuisine*.

Author Kumud Gokani follows her extremely popular first book, *Cooking with Kumud*, with this extraordinary collection of authentic Indian family recipes. Prepared by vegetarian Indians every day, each dish is based on the health-giving and healing properties of Ayurveda.

In this lighthearted and easy-to-follow cookbook, Gokani discusses a variety of common Indian spices, the proper use of ingredients, and more, with a special emphasis on the most important component of all—love. She passes along years of cooking passion and knowledge to provide a relaxed means of learning how to cook the way real Indian families do, with recipes that include both vegan and gluten-free options.

Sprinkled with heartfelt anecdotes from the author's life while living in a traditional Indian family, as well as in the West, this guide is the perfect addition to the kitchen of anyone who loves simple and delicious cuisine.

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0 of 0 people found the following review helpful.

Food of love....

By Earthheart

I have been blessed to have cooked and eaten food with Kamud and her husband, Krishna, in their home in Ashland. Her approach is that all food tastes better and is more healthful when prepared with prayers and love. She uses food as a healing modality. It was from her that I learned vegetables can be delicious, flavorful, and fun to cook. Dinners with others in the classes were an experience of meditation, laughter, and spirituality. I will always consider her and her husband my Indian parents who have loved and blessed me with so much. I cook with her first book and can't wait to continue the journey and adventure in Ayurvedic cooking, health, and healing.

0 of 0 people found the following review helpful.

Love this cookbook

By Jaelle Dragomir

Love this cookbook! Best Indian Ayurvedic Vegetarian Cookbook I've ever owned. Full of great recipes. Kumud's wisdom and love flows out of every page.

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