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Pure Vegetarian: 108 Indian-Inspired Recipes To Nourish Body And Soul



Synopsis

An inspired vegetarian cookbook with 108 recipes inflected with the practices of Ayurveda and mindfulness practices derived from a bhakti yogic lifestyle. Food is so much more than nourishment for the body, and health is not just a results-oriented goal. Lakshmi Wennakoski-Bielicki, the creator of PureVege.com, creates food that is healthy, tasty, ethically sound, and spiritually resonant: it is an offering of devotion. To Lakshmi, a vegetarian diet is simply the practical starting point on the path toward a more mindful life. Pure Vegetarian melds yoga philosophy with mindful food preparation and delicious meals, any day, all year long. You do not need to practice yoga or Ayurveda to find these recipes accessible, delicious, and divine. Many of the 108 recipes are influenced by Indian tradition but modified for the Western palate. Lakshmi encourages experimenting with favorite vegetables and seasonings to create fresh versions of familiar classics: spelt crackers with hummus, strawberry halva, fig tart with frozen pecan pudding. The recipes are easily adapted to a vegan or gluten-free diet as well. Recipes include:Â Homemade cheeses, yogurt, buttermilk, and other organic dairy productsÂ Fresh-baked Indian-style flatbreads and snacksÂ Wholesome legume and rice dishes, packed full of seasonal vegetables for hearty meals year-roundÂ Fragrant spice blends to accent all kinds of sweet and savory dishesÂ Salads, sprouts, chutneys, and sauces to flavor any mealÂ Sweet desserts, confections, and refreshing drinks to satisfy any palate

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Customer Reviews

I bought Pure Vegetarian while on vacation and read all non-recipe parts on my flight back home--it was so interesting! Now I'm trying the recipes, and they are not only satisfying but motivating for me to experiment with her ideas of ingredients and spice combinations. The Jagannath Dal is so flavorful! I also love the way Lakshmi helps us relate to food beyond consumerism, bringing our attention to the social and spiritual aspects preparing and sharing food. Well-structured and beautifully illustrated, delicious recipes with clear instructions that are easy to follow with any skill level in the kitchen -- all I want from a good cookbook. As an Ayurvedic chef, cooking instructor, and a yoga practitioner, I am excited to recommend Pure Vegetarian to my students and clients. Honestly, we need more books like this one.

This is a beautiful and inspiring book. I have been following Lakshmi's blog, Pure Vegetarian www.purevege.com, for several years. When she announced she'd be publishing a cookbook I was delighted. Everything about her blog is done with excellence and sincerity. I knew she'd bring that same sensibility to a book in print. The writing is full of love and hope. The photographs are more like fine art than food photos. And the recipes are both grounding and creative. My family had her Watermelon Salad with Toasted Sunflower Seeds for dinner last night. The dish brought a smile with every bite. In her introduction, Lakshmi says she hopes that by opening up about her food experiences, we, the readers, will reexamine our own relationship with food. That we will discover new parts of ourselves in the process. A hope that is at once complex and utterly simple. She has succeeded. I highly recommend this book. While the recipes are vegetarian, the book itself is not just for vegetarians. Rather, it is for anyone who loves to eat and craves inspiration. Well done, Lakshmi.

What a mouthwatering and heartwarming book. It's definitely much more than just a recipe book...it's a beautiful offering of true yogic wisdom and knowledge and how food co-relates to our higher selves! I highly recommend this book for all aspiring yogi's and yogini's....and anyone who enjoys wholesome, delicious food :).

Just lovely! Made a beet, orange and carrot juice so far and it was delicious!

Loved it.

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