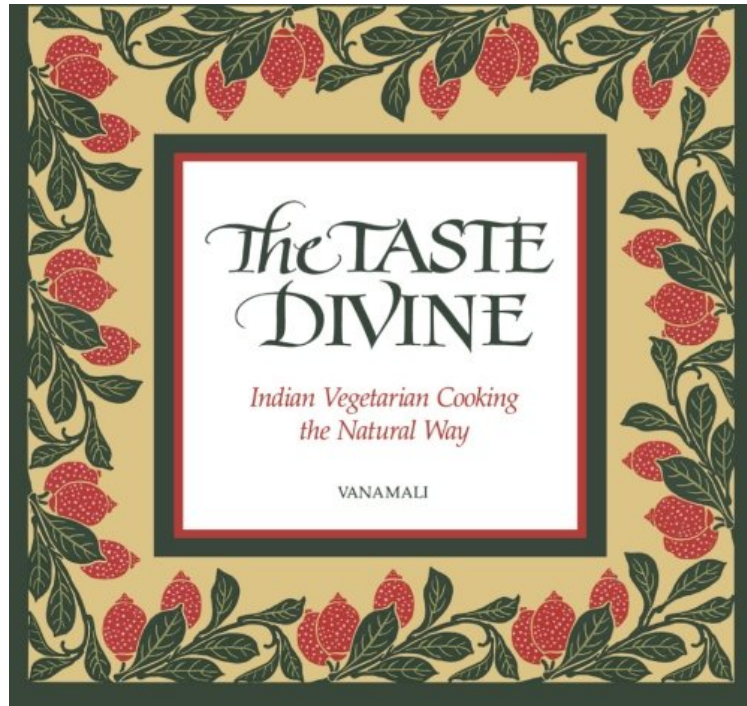


The Taste Divine: Indian Vegetarian Cooking the Natural Way

Vanamali

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The recipes, information, and philosophy of food contained in this book are based on the teachings of the Bhagavad Gita. Although the recipes are intended to support a yogic lifestyle, they are not for ascetics. They are useful to anyone who is seeking flavorful food and a healthy lifestyle. Developed in an Ashram near Rishikesh, the recipes have proven their value and effectiveness through long usage. Because they have been refined and simplified, they are easy to use. In addition to the recipes, the book contains a glossary of ingredients with their Hindi equivalents, instruction for the preparation of certain essential items, and general information on cooking and equipment.