

Vegan Ayurvedic Recipes: Delicious, easy & energizing: 23 gluten free Recipes from Sri Lanka's traditional kitchen By Stefan Kutter **Vegan ayurvedic recipes pptx** Thanks to genius traditional combinations of spices and preparation styles the Ayurvedic cuisine from South India and Sri Lanka offers a spectrum of flavors textures and optics that will surprise you and guarantee satisfying and healthy meals all year round without any fish dairy meat or even wheat. **Book Vegan Ayurvedic recipes** The book is written by an european health & nutrition enthusiast who travelled to Sri Lanka to learn the health secrets of the ayurvedic spices and how to use them in plant based and raw food diets. **PDF Vegan Ayurvedic recipes** Half of this books profits go directly back to Sri Lanka! Vegan Ayurvedic Recipes: Delicious easy & energizing: 23 gluten free Recipes from Sri Lanka's traditional kitchen



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Create delicious and healthy dishes from the world-famous traditional Ayurvedic cooking style: you will learn how prepare them easily and how the spices can benefit your health: **Vegan ayurvedic recipes pdf download** All the dishes are hundred percent vegan and gluten free and range from raw to fried: **Vegan ayurvedic recipes book pdf free** They are easy to prepare on a low budget with ingrediencies found almost all over the world. **Vegan ayurvedic recipes book pdf** The recipies pictures & explanations come from a traditional ayurvedic chef and fisherman from the south coast of Sri Lanka with a great family tradition