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Ayurvedic recipes help us to detoxify the human body. It incorporates mostly herbs, vegetables and fruits and plenty of water in the diet. Ayurvedic recipes are said to have been the food for the ancient rishis and sages who lived for more than a century in India, in ancient times. Ayurveda is a very vast and ancient medical science.

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Ayurvedic recipes- Indian based ayurvedic vegetarian recipes

Kitchari is one of the staple foods of an Ayurvedic diet. This classic recipe is great for cleansing, and is also good for stimulating digestion and circulation.

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Ayurvedic Diet Library | Recipes, Food Combining, Dosha ...

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Basic Ayurvedic Recipes | Food Guidelines Tables | Food ...

Before you dismiss Ayurveda as this week's trendy diet, the ancient food philosophy has actually been around for generations. A holistic medicine practice from India, Ayurveda focuses on balance. When it comes to the dining table, that means fresh, seasonal and local ingredients combined to promote digestion and harbor anti-inflammatory properties.

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12 Healing Ayurvedic Recipes to Try at Home - PureWow

Carrot Subji. Cauliflower and Potato Subji. Creamy Dandelion Salad. Curried Glazed Beets & Carrots. Mixed Vegetable Subji. Peas Pilau. Potato Cabbage Subji. Red Cabbage Salad. Spicy Sauteed Asparagus.

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Recipes - The Ayurvedic Institute | Leading Ayurveda School

If you're bored of your regular oatmeal, based ayurvedic breakfast recipes, switch it out quinoa porridge recipe – boil quinoa, almond milk, rock salt, vanilla extract for a couple of minutes. Top this warm porridge with cubes of stewed pear and sliced toasted almonds.

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5 Tasty Ayurvedic Breakfast Recipes To Kickstart Your Day ...

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It is not only a recipe book but also describes the Ayurvedic food culture, which can help many people heal their digestion-related ailments. The use of modern equipments to shorten the time and systematic preparations of numerous spice combinations make the book a valuable gift to humanity.

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Ayurvedic Food Culture and Recipes : Vinod Verma ...

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