



THE EVERYDAY AYURVEDA COOKBOOK  
A Seasonal Guide to Eating and Living Well

WITH OVER 100 RECIPES FOR SIMPLE, HEALING FOODS

Kate O'Donnell

Photography by Cara Brostrom



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*Kate O'Donnell, Cara Brostrom (Photographs)*

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**Eat delicious seasonal food, balance the body, and heal the gut with simplified, traditional Ayurvedic wisdom and over 100 simple recipes designed to get you cooking in the kitchen.**

Even the simplest Ayurveda practices complement Western medicine because of their focus on righting imbalance before it creates disease. Keeping digestion on track is the key to health in Ayurveda, and eating natural, homemade foods in accordance with personal constitution and changes in environment is often all that is needed to bring a body back into balance. *The Everyday Ayurveda Cookbook* inspires yogis and nonyogis alike to get into the kitchen and explore this time-honored system of seasonal eating for health and nourishment.

Ditching processed food and learning to eat well at home are the first steps you can take to relieving imbalance. *The Everyday Ayurveda Cookbook* removes many of the obstacles by showing you how straightforward and accessible preparing your own delicious, seasonal meals can be. Season by season, learn how the changing weather and qualities in your environment both mirror and influence your body and appetite. Lifestyle advice on meal planning, self-care regimens, and how to ensure health during the change of seasons is included throughout. And the no-fuss recipes will get you eager to cook.

To expand your cooking repertoire, you'll also learn foundational "everyday" recipes that can be adapted to any season and any dosha: once you understand the blueprint of a basic dish, you can recreate it in your kitchen year-round, using seasonal produce, grains, and flavors for health and nourishment.

## **The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well--with over 100 Recipes for Simple, Healing Foods Details**

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**Living Well--with over 100 Recipes for Simple, Healing Foods Kate O'Donnell , Cara Brostrom  
(Photographs)**

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## **From Reader Review The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well--with over 100 Recipes for Simple, Healing Foods for online ebook**

### **Jasmin says**

After looking through the different Ayurveda cookbooks on the market, this is the best one I've come across thus far. I like how the author starts with a background on Ayurveda and the different properties of foods. This sets the book up well, as she provides different recipes suited to each season. Unlike some of the more traditional Ayurveda books which only include Indian recipes, O'Donnell incorporates foods and ingredients commonly consumed and available in North America to make this lifestyle more applicable.

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### **Adynah says**

I love to cook purposefully. I have used other Ayurvedic cookbooks but this book tops them all. Comprehensible recipes with detailed explanations of each ingredients powerful healing properties. Ayurvedic cooking is pretty much my staple and after reading this cookbook I have introduced new ways of using my favorite ingredients. This book never leaves my kitchen!

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### **Susanta Samantaray says**

This book nicely lays down the Ayurvedic diet principles and then enumerates menus based on body type, season. I got this from local library and plan to buy it as this one is invaluable as a keep and reference.

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### **Mandy Williams says**

This book has become a staple in my kitchen. It's such a fabulous base to which I can return as I constantly experiment with Ayurveda and the effects of different food on my digestion.

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### **Barbara says**

I haven't tried any recipes yet, but I am looking forward to it. This was the first cookbook I've ever read cover to cover before trying any recipes. Great intro info on ayurvedic concepts and breaking it down into really doable bits.

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### **Karen Cockerill says**

Great read. I love how each recipe comes with a seasonal variation . Had a good giggle when some of the case study examples hit home.

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### **Brieanne Tanner says**

After participating in three cleanses led by the author, I was ready to start cooking using the Ayurveda method. Although every meal I prepare, isn't ayurvedic certified, I try to live by the principles. This book was well crafted, and enticing. Before this book was released, I was referring to one fall and spring cleanse manual. However, this book ties together all the basic details necessary to know as a beginner Ayurveda practitioner and a beginner Ayurveda cook. Now, I'm off to soak the lentils for red pumpkin dal for dinner tonight.

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### **Anna Cordova says**

Accessible and informative book for those who are interested in an Ayurvedic lifestyle and cooking, but still work full-time! I count a cookbook as "read" when I have read all the background material, and tried at least half a dozen recipes. Every recipe has been on point. I am sure this is a resource I will use again and again. I especially love the sections on how to organize your kitchen and pantry to make cooking fresh meals easier. This is an excellent book.

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### **M. Jane Colette says**

I've been really interested in Ayurveda for a while but I've found most treatments of it a little overwhelming. This book rocked my world. I understood it. I could follow its guidelines. The recipes were super easy to make and every single one turned out heavenly. I MADE DOSAS! From scratch! All by myself!

Love this book. And if you're not into Ayurveda but just into fresh Indian-kind-of cooking--you'll love these recipes too.

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### **Cara says**

I haven't actually tried any of the recipes in this book. I was too busy reading the background information trying to understand Ayurveda cooking better. It is very easy to understand and has helpful information. I might just need to buy this one since I have to return it to the library before I can finish it.

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### **Meagan says**

This book is super heavy with background and theory. So if you're looking to buy into the Ayurveda movement this is definitely a great place to start. I'm not too terribly interested in buying into that movement for a variety of reasons but the book itself contains plenty of good, light, and healthy meals that would be a

great addition to any recipe reference system.

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### **Annie says**

Like how recipes are grouped by season. Looking forward to trying recipes in the New Year.

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### **Svetlana says**

A book abounding in aromas, inspiration and harmony. Recipes for each season, easy to make and delicious to taste! Builds on the basic Ayurveda cooking principles by providing just the right amount of guidance and leaving space to inspiration. Grinding your spices and sprouting your mung beans quickly becomes addictive.

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