



Dharma Feast Cookbook: Recipes for a Fresh Start (Paperback)

By Theresa Rogers, Tika Altemöller

Hohm Press,U.S., United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. Who can doubt that Americans are in the midst of a health crisis? We are plagued with rampant obesity epidemic diabetes, along with allergies, arthritis cancer-all of which are linked to food intake diet. At the same time, our media food industries intensify our junk food obsession, sanctify the time-saving, highly processed foods or take-out menus that are fast becoming the norm for family meals. It is now possible for busy moms to buy frozen, individually wrapped, peanut butter jelly sandwiches for kids lunchboxes! Dharma Feast Cookbook supports the critical need for wellness healing through food . . . for gently effectively transitioning to a healthier lifestyle . . . and for providing a sane, natural way to diet. These 200+ recipes are nutritious, delicious, time-efficient easy to prepare, even for beginners who might need coaching in how to make a meal from scratch. Unlike many cookbooks that advocate one system, these tested recipes are drawn from a variety of food cultures-including vegetarian, vegan, macrobiotic, gluten-free, raw juice-based. In all, this book makes use of readily-available, fresher less-processed ingredients. From sumptuous breakfast alternatives, like Papaya Pudding...



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