



# The Healing Kitchen: Vegetarian Cooking for Higher Awareness

*Diksha McCord*

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## **The Healing Kitchen: Vegetarian Cooking for Higher Awareness** Diksha McCord

Learn the keys to adding the most important ingredient of all to your meals: higher awareness. Diksha McCord shows a wide variety of ways to transform your cooking into a joyful experience that will uplift you and everyone who eats your meals. You'll learn how to transform your kitchen into a sacred space, as well as increase your knowledge of vegetarian cooking and nutrition, based on the healing principles of Ayurveda. Ayurveda is one of the world's oldest holistic (whole-body) healing systems, developed thousands of years ago in India.

*The Healing Kitchen* is a multi-cultural culinary tour through the four seasons. You'll receive expert guidance for matching your meals to each season for maximum nutrition, health, and vitality—and minimum effort.

*The Healing Kitchen* offers:

- More than 200 easy recipes?most are vegan (dairy-free and gluten-free)
- Tips for spiritualizing your cooking
- Healthy habits of eating that don't compromise taste
- 8 Complete Meals for all seasons, plus special holiday meals
- Healthy and delicious smoothies, drinks, and herbal teas
- How to grow and use sprouts
- Basic recipes for grains, legumes, vegetables, sauces, and dressings
- How to make breads and gluten-free desserts
- How to make gourmet, healthy pizza
- A 9-day cleansing diet
- Special bonus: 4 free video classes for holiday meals with recipes (Thanksgiving, Christmas, Easter, and Fourth of July)

This book is based on, and a companion work to, Diksha McCord's popular online video series, *Vegetarian Cooking for Health and Vitality*. Diksha is also the author of two other vegetarian cookbooks: *Global Kitchen* and *Vegetarian Cooking for Starters*.

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