

AYURVEDA CULINARY BOOKS ON SALE

Sattva

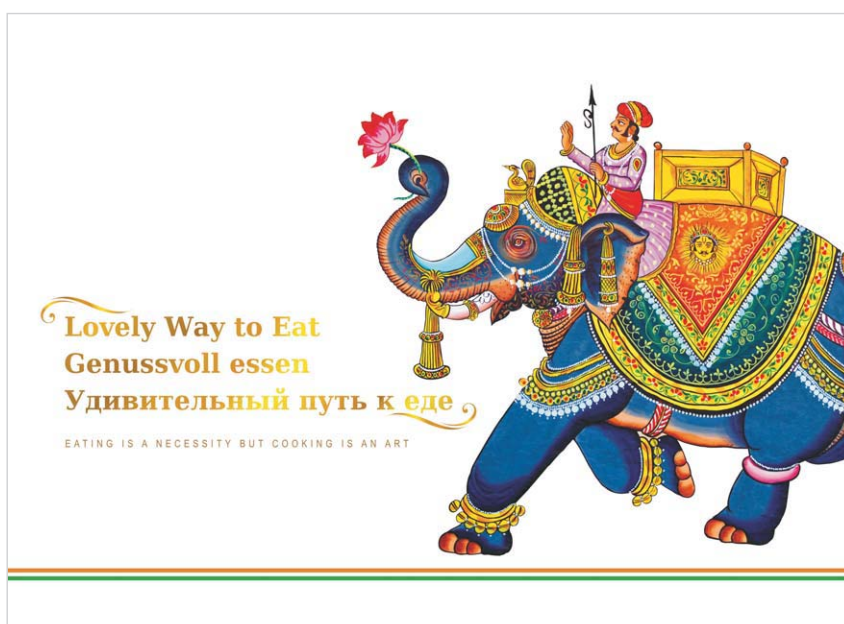
By Masterchef Joshy Sebastian



After the grand launch of the culinary book, 'lovely way to eat' in 2017 our grandmaster chef, Mr. Joshy Sebastian in association with The Nattika Beach Ayurveda Resort is ready with his another edition of mouthwatering recipes. This culinary book 'Sattva' is an authentic guide of the Ayurvedic approach to food and tasty cooking. With over 50 recipes of delicious Ayurvedic cuisine, it is an easy-to-follow guide for maintaining a balanced diet and healthy lifestyle. The recipes in this book are simple, seasonal, and delicious, while bringing the traditional foods of Ayurveda into the modern kitchen and continental style of cooking. The book uncovers the true potential of food to heal not only our bodies, but our minds too. Considering that fishes are labelled as Sattvic (yogic diet) for its relatively good medicinal values when cooked in the right method and consumed in right proportion, we have included 7 tasty and simple fish recipes in the book.

Lovely Way to Eat

By Masterchef Joshy Sebastian



After the grand success of the Ayurveda culinary book "Healthy way to eat" launched in the year 2016, our master chef Joshy Sebastian is back with another edition of lip-smacking healthy Ayurveda recipes. His latest book "lovely way to eat" which has been written in three different languages English, German & Russian gives a fresh new perspective on this ancient art of self-healing. Over 50 taste-tested recipes in this book are specifically designed to balance each constitution (Doshas), with an emphasis on simplicity, ease and sound nutrition.

The book is available for Rs. 1,600/-