

HEAVEN'S BANQUET

VEGETARIAN COOKING
FOR LIFELONG HEALTH
THE AYURVEDA WAY

BY MIRIAM KASIN HOSPODAR

As the old proverb goes, "One man's meat is another man's poison." And Ayurvedic wisdom proves it so: Our diet must be tailored to our mind-body type (*vata*, *pitta*, or *kapha*) for maximum well-being. Inspired by the 3000-year-old science of Ayurveda (Sanskrit for "knowledge of life span"), *Heaven's Banquet* shows us how to accomplish that.

The more than 700 recipes here—endorsed by the Maharishi Ayur-Veda Institute and tested in places ranging from a five-star Swiss hotel to a charcoal-filled pit in the Philippines—include Persian-style Millet with Dried Cherries (good for *kapha* types), Mexican Sesame Radish Salad (balancing for all doshas), Avocado-Pecan Chutney (pacifying for *vata*), and Saffron-Lemon-Almond Bread (whose sweet taste balances *pittas*)—plus egg-free cakes, cookies, and puddings. Beyond the recipes, you'll find information on the benefits of seasonal eating, advice for new vegetarians and cooks "on a terrible schedule," and tips on equipping an Ayurvedic kitchen.

One early reader for *One Spirit* said, "What a cookbook....I am a proficient cook and can say with certainty that these recipes are good."



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