



The Lotus Kitchen (Paperback)

By Skip Jennings, Gwen Kenneally

Huqua Press, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.East meets zest as Hollywood caterer/food writer Gwen Kenneally (Sweet and Savory Cookbook) and yogi/transformational coach Skip Jennings (The Shift With Skip) present a boldly flavored and inspired recipe collection to nurture yoga practice and nourish mindful eating. Their enticing and palate pleasing Lotus Kitchen vegetarian recipes are laced with movement and meditation techniques to support a culinary balance for all levels of yoga. Artfully illustrated, the beautiful volume features savory and satisfying recipes for: harmonious lentil salad, kale peace salad, breakfast quinoa (a movie set favorite), garlic minty roasted potatoes, baked lentil loaf with vegetarian country gravy, jambalaya, baked spinach cakes, lavender sable cookies and the new fan favorite Lotus Cookie. Sides, salsas and smoothies are also part of the delectable and divine collection. Whether you are preparing meals for self, family or a community of like minded healthy eaters, senses and palates will be awakened, stirred and satisfied. The Lotus Kitchen is exactly what the world needs right about now says Good Life Guru and celebrity trainer Ana Caban. Foreword by Dr. Michael Beckwith. The...



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Reviews

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