

The Morning Hill Cookbook

~ a wholefoods vegetarian
cookbook

by Jennifer Stein Barker



The Morning Hill Cookbook A Wholefoods Vegetarian Cookbook

KJ Lindholm-Leary



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and Kale Pesto to Mushroom Cheesesteaks Decadent desserts from Gluten Free Salted Double Chocolate Chip Cookies to Gluten Free Whole Grain Vegan Brownies to Gluten Free Vegan Swami Kripalu Birthday Cake Honoring the wisdom of Ayurvedic healing practices The Kripalu Kitchen also includes a simple test to determine your personal nutrition profile or dosha and every recipe is marked to guide you toward the optimal diet for your type More than just a healthy cookbook The Kripalu Kitchen will revitalize your body and nourish your soul

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