



## The Art of Living Foods 07/12

*Anura Desai*

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# The Art of Living Foods 07/12

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## **The Art of Living Foods 07/12** Anura Desai

This cookbook has a variety of simple and easy-to-make recipes that are delicious and full of the natural energies that give us health, balance and well-being. These meals emphasize whole, living foods such as fruits, vegetables, herbs, whole grains, and nuts/seeds. Meals that incorporate these foods can create lightness, vitality and stamina in our bodies, and calmness, alertness and steadiness in our minds. Living foods give us energy in abundance, allow our bodies to function properly and maintain a healthy weight. Most of all, they are incredibly full of flavor!

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