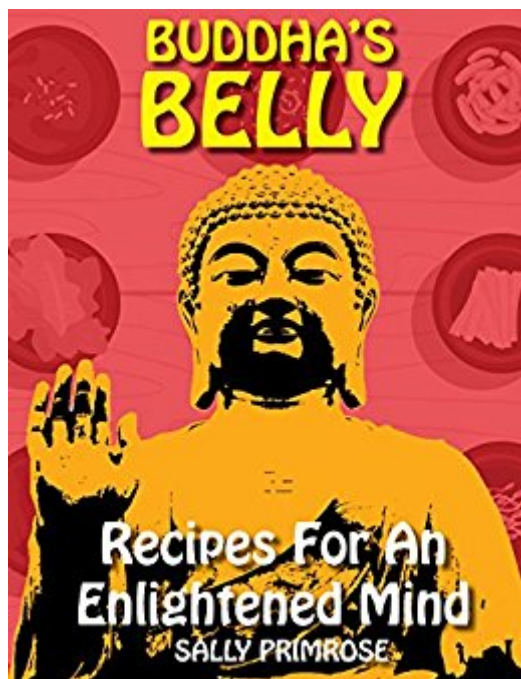


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# **Buddha's Belly : Recipes For An Enlightened Mind: Mindful And Healthy Eating Based On Buddha's Diet Philosophy. Asian Vegetarian Cookbook Meals To Connect ... Your Inner Soul (Buddha's Belly Series 1)**



## Synopsis

Why is food for the human body not just matter of physical nourishment? Done correctly, it is also about feeding your soul. That's what this gorgeous vegetarian cookbook is all about – spiritual food. It also happens to look beautiful, both in dishes and design. Reading through one of the ingredient list is a mouth-watering proposition. In the introduction of the book, there is a brief explanation of the thought process behind it and the relevant teachings of Buddha - spiritual food for thought. A simple but yet powerful statement from the intro brings the desire to follow a monk diet into focus: "a basic need such as eating can still be a noble and purposeful act." • Throughout the ages, food and spirituality have been connected; in religions, traditions and philosophy, and now in our everyday life. Inside this engaging collection of recipes, you'll find food to feed your soul, not simply quench a physical hunger. The offerings are divided into countries of origin:

China Japan India Vietnam From the very first of the 32 recipes – Lo Han Jai, otherwise known as Buddha's Delight and traditionally served on Chinese New Year – you'll be delighted by the presentations of colors, textures and tastes. Many people envision monk food as very plain and perhaps flavorless, but nothing could be further from the truth. It is, in fact, proof that vegetarianism does not have to be boring. One look at the dishes displayed here and you'll know that food to feed your soul, holistic food, isn't dull or tasteless at all. Some of the highlights here are: Crispy Tofu Rolls (with a texture that mimics roast duck) Zen Temple Dumplings from Japan The Indian dish Easy Lentil Curry Vegetarian Quang Noodle Soup straight from Vietnam Each are very different from the others, which is true throughout the Buddha's Belly cookbook. With each recipe listing prep and cook times, as well as how many it will serve, and an ingredients list, you'll easily know how to feed your soul with a different dish every day for a month, if you so wish. You'll find yourself returning again and again, revisiting the art and recipes to inspire yourself to new, more soulful culinary heights. You don't have to be a monk to eat like one anymore! Scroll back up to download your copy today by clicking the Buy now button at the top right of this page!

## Book Information

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## Customer Reviews

LOVE LOVE LOVE THIS RECIPE BOOK!!!!!! I'm so interested in the Buddhist philosophy that I couldn't wait to read this Buddhist inspired recipe book. The book indulges into all Asian inspired cuisine. Starting with recipes from China!!!! Recipes that include...~Buddhist vegetarian stew~Crispy tofu rolls that are OMG to die for!!!! Includes ingredients such as firm tofu,carrot and yuba skins.~Tofu & broccoli stir fry...one of my favs!!!!~Sweet & spicy long beans with crushed up peanuts. A little bit of chinese long beans,peanuts,sea salt little oil and your good to go!Then the book goes to Japan. A country I have never took time to learn their food,but will now with recipes like..~Zen temple dumplings. Zen refers to a style of Buddhism.~Edamame hummus. I tried this recipe for myself one day and I can say it was SO DELICIOUS. Try adding some Sriracha sauce or a drop of lemon juice.Next,the author gives you multiple choices to choose from,from India. Curry is a staple food in India,if you don't like curry like me..skip this part of the book lol.Their butternut squash looks really good though!!!Last and not least is recipes from Vietnam. With delicious meals such as...~Sour soup with tofu..can you tell I like tofu???Haha The sweet and sour flavors in most of the recipes from Vietnam will activate your metabolism and not only help you feel fuller faster,but also help you lose weight too!!!! Their Bean sprout stir fry and Taro & tofu soup with peanuts AND their recipes including Quinoa(a tiny seed that holds a HUGE nutritional punch) are not only delicious,but good for you!!!! I'm so happy I found this book,I would recomend to anyone and everyone!!!!!! Really a great read!

I found this book both motivating and irritating.There were quite a few recipes that had me itching to

get into the kitchen. They were explained clearly, the pictures were enticing and they seemed to be excellent additions to every table. But then there were an equal number of recipes which had ingredients I'd never heard of, with no explanations, and ingredients which were self-explanatory but which I doubt are easily accessible (or at all available) within a reasonable distance from my home. A cookbook which assumes that everyone knows what yuba skins, Shichimi Togarashi, Siracha sauce, burdock root, and konnyaku are and that tofu puffs, dried lily flowers, and Umeboshi are readily available to most people is a cookbook which, unlike Buddhism, is not for everyone. Personally, I had to overcome a bit of irritation to get on with enjoying all the good recipes offered. I'll happily be preparing a dozen or so of the Buddha's Belly's recipes and that may even be half of the recipes offered. Not at all shabby for a slim volume of recipes such as this one. I would've liked to have seen a bit more Buddhist philosophy as it relates to mindful eating since, after all, the Buddha's Belly and the path to enlightenment was the selling point.

One thing is certain - once you read through the book, you will develop a great appreciation to the amount of work going on in the kitchens of the Asian restaurants you frequent. What a fun cooking book this is. It has a lot going for it. 1. An inspiring introduction to get you into the 'mood' and put these recipes in some historical context, 2. Photos illustrating the prepared dishes, 3. A brief note with each of the dishes depicting certain aspects or cook's take on it, 4. Most dishes are fairly quick to prepare at around 30-45 min. What can be challenging to us westerners with this type of recipes (this is in general, not about the fine eBook itself) -- Asian dishes (Chinese, Indian, Vietnamese, Japanese) do have a lot of overheads - long and uncommon lists of ingredients. It would have been nice to also have the calorie count per serving. Maybe in an updated edition(?) Going Vegetarian/Vegan or at least increasing those portions in your meals is a scientifically proven way(!) for a healthier you. Look up information in that regard on excellent sites like [NutritionFacts.org](http://NutritionFacts.org) for more on the subject. The Site is managed by a Dr who does NOT sell you anything, is not sponsored by any company and only wants to provide straightforward up to date Nutrition Info. eBook was provided for unbiased and complete evaluation and I am happy I have such a fine arsenal of Asian recipes available to us now.

I have to preface this by saying that I am not a vegan - I love meat. However, the recipes in this book sound delicious! I love the way that the recipes are explained in plain language, and I love the little comments that are in it. There are choices that everyone should enjoy and I highly recommend this book for people who are looking for new, healthy choices for meals and appetizers.

âœBuddhaâ™s Belly: Recipes For An Enlightened Mindâ• is a recipe book by Sally Primrose. Letâ™s cut to the chase. The recipes are tasty and none of them are over the top requiring superior cooking skills. The Chinese recipes were yummy and very typical of what you might find on the vegetarian menu in many better Chinese restaurants. The Japanese recipes were delicious. With summer approaching, Iâ™m a huge fan of Japanese noodles and Sally has included two that I loved (Soba Noodle Salad and Sesame Soba Noodles). If you havenâ™t tried cold noodles when itâ™s hot out, you are missing out. On the Indian recipes, if youâ™re a fan of Indian food but not sure where to start, these recipes are easy to follow and taste good. While I tend to prefer Indian food when itâ™s colder out (it tends to fill me up), I did enjoy the Butternut Squash Korma and the Easy Lentil Curry really is easy. Iâ™ve recently been enjoying Vietnamese food again and these recipes were tasty. Iâ™m a huge soup fan and I loved the Sour Soup with Tofu and the Vegetarian Quang Noodle Soup. The concluding four salads were also good. On the Warm Green Bean Salad, if you arenâ™t a fan of âœmockâ• meats, I think youâ™ll find that the soy chorizo will surprise you. Will the texture isnâ™t spot on, the spices really make it. Based on the title of the book, I expected to see more in terms of Buddhist philosophy, but not holding it against the author as the recipes were tasty, the instructions relatively simple and for lovers of Asian cuisine, a great recipe book to have on hand. And I will add, at least with the recipes I tried, none of the ingredients were hard to find.

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