



The
Everyday Ayurveda
Cookbook *A Seasonal Guide to
Eating and Living Well*

WITH OVER 100 RECIPES FOR SIMPLE, HEALING FOODS

KATE O'DONNELL
with CARA BROSTROM

10th
ANNIVERSARY
EDITION
with a new author's
note and foreword by
Amadea Morningstar

The Ayurveda Cookbook Cooking For Life

ML Morrison



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