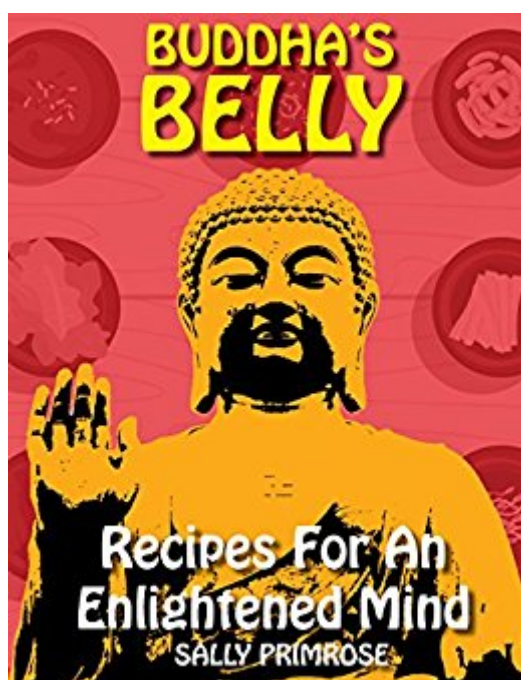


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# **Buddha's Belly : Recipes For An Enlightened Mind: Mindful And Healthy Eating Based On Buddha's Diet Philosophy. Asian Vegetarian Cookbook Meals To Connect ... Your Inner Soul (Buddha's Belly Series 1)**



## 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 is 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 downloaded this book onto my phone which frees me to get the simple healthy ingredients for these recipes, and have them nearby while preparing them. Super convenient! But my daughters (adopted from Taiwan at age 8 and 9, now 13 and 14) are so enraptured by these tastes that they keep swiping my phone to whip up these comforting and satisfying flavors. Last night we made Tofu Soup and Crispy Tofu Rolls and they were so easy and delicious we declared that this would be a regular menu for us. But I was surprised to go looking for my phone after the meal and find my girls back over the pot on the stove making another batch of the soup to take to lunch today. Oh boy! Thank our lucky stars that these are healthy and sensible foods they don't need to feel guilty about. There is nothing about these foods that feel like the deprivation of going "meat free" or on a "diet" so I personally think Buddha enjoyed his meals and was perhaps even more about pleasure than I'd suspected. Unlike some cookbooks that have been translated from the Chinese cookbooks my daughters have found, Buddha's Belly doesn't contain any ingredients I can't find or that would require techniques I don't understand to use. If I can whip them up on a school night and then my girls can whip up another batch without skipping homework let me just say that these are EASY.

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.

I've recently become shockingly aware of congruent my mind, body, and overall well being is compared to the food I eat. Once I was exposed to this shocking truth all of a sudden everything became clear to me why I would feel certain ways from the food that I ate. It was no longer a

mystery. From that point I knew if I wanted to feel the way I wanted to feel, it was going to take the right kind of food in order for me to get there. And that's exactly where this amazing little cook book came in to aide. All of these dishes and recipes in this cookbook are not only mouth watering but they're also great at making you feel amazing as well. "recipes for an enlightened mind" That perfectly describes the effects these recipes have on you. Shortly after eating these delicious dishes that I made from the recipes in this book I began to feel great! If you're serious about looking into your overall well being, then do yourself a favor and buy this cook book. You won't regret it!

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