



Yoga Food: 50 Recipes for Fresh and Healthy Dishes

Anna Gidgård, Cecilia Davidsson

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Practicing yoga is a popular, easy, and enjoyable way to improve your health and your quality of life. But just going through the motions isn't enough. What's the point of all the exercises, meditation, and deep breathing if you are still loading up on heavy, greasy, processed food? To get the full benefit of a yoga lifestyle, your food should be as light and healthy as possible . . . and with this new collection of delicious recipes tailored for yoga practitioners, eating right will be a breeze!

Yoga food is packed with everything that your body craves: nutrients, antioxidants, fiber, and essential vitamins. It features lots of vegetables, and all of the dishes can be steamed, roasted, or simply eaten raw, to preserve the maximum nutritional content of the ingredients. There are loads of main dishes that you can eat before or after yoga class . . . but there are also snacks that will keep you fueled up throughout the day, and even desserts!

Some of the recipes you will discover include:

- Vanilla Porridge with Walnuts
- Spicy Tofu Skewers with Peanut-Apple Dip
- Ginger Elixir
- Green Veggie Falafel
- Japanese Ginger Noodle Soup
- Apple Truffles
- Light Berry Cream

Good food doesn't have to be complicated. With these simple and delicious recipes, less is more. Take your healthy lifestyle to the next level with the help of *Yoga Food!*

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