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## Tashirat Recipe Manual (Paperback)

By Staff Tashirat Staff, Tashirat Staff

iUniverse, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This collection of simple yet varied vegetarian and vegan recipes will inspire and guide the reader how to make cooking delicious, healthy vegetarian food both easy and fun. The recipes in this manual follow proper food combining principles, which in turn promotes optimum digestion and absorption of the nutrients from the foods you are learning to prepare for yourself or your family. The recipes included in this manual are helpful as the first part of a comprehensive dietary transition to higher vibration, higher nutrient foods as detailed in previous books by Artimia Arian: Cosmic Reawakening, The Chakra Recipe Guide, To Life! and Yoga, Path of Life. The majority of the recipes in this book have not been included in any of the previous books, and are meant to provide the reader with a great selection of well-combined, delicious vegetarian and vegan dishes with which to begin his/her transition to greater health and well-being. What's more, the recipes given here have been thoroughly tested and approved by kids! Through the simplicity and versatility of the recipes offered in this collection, the authors hope...


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### Reviews

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-- **Adele Rosenbaum**

*The book is fantastic and great. It generally does not expense excessive. Its been designed in an exceptionally easy way and it is simply right after i finished reading through this book by which really changed me, change the way i think.*

-- **Adolfo Lindgren**