



# 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

10<sup>th</sup>  
ANNIVERSARY  
EDITION

with a new author's  
note and foreword by  
Amadea Morningstar

# Nice Everyday Ayurveda Cookbook Seasonal Eating

**Susan S. Freeman**



**Nice Everyday Ayurveda Cookbook Seasonal Eating:**

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