

Imaginative, tasty, and nutritious, the recipes compiled here originated at South Africa's Buddhist Retreat Center, renowned for more than 30 years of innovative vegetarian cuisine. Created by an exceptionally talented chef, it argues for a change in attitude toward this seemingly mundane human need—the need to eat—in order to make it a joyful, flavorful journey, full of delights and surprises. Peppered with meditations and spiritual poetry, this cookbook also includes photographs and anecdotes that will offer a glimpse into the center's magnificent setting and varied workshops.

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The Cake the Buddha Ate has 12 ratings and 1 review. Nadya said: Beautiful. A book to enjoy quietly and slowly. I must admit, I don't really cook, but th. The Cake the Buddha Ate: More Quiet Food Verdict: carrot. It all began with a big bone, on a plate of mashed potatoes. It was merely a cutlet.

The Cake the Buddha Ate: More Quiet Food. Vegetarian recipes from the Buddhist Retreat Center in South Africa. Spectacular sweets; delicious dahl. The Cake the Buddha Ate - more quiet food asks us to change our attitude to this seemingly mundane human need and make it into a joyful. quiet food and the cake the Buddha ate. August 06, by Dominique Allmon Each recipe is more tempting than the last. Published in by a Buddhist. akaiho.com: The Cake the Buddha Ate: More Quiet Food () by Daniel Jardim and a great selection of similar New, Used.

The Cake the Buddha Ate - More Quiet Food. Delicious food at a slow pace. This artfully presented book challenges us to change our attitudes towards food.

Quiet Food, our first recipe book, is in its tenth reprint, and The Cake The Buddha Ate in its fourth reprint. Like Quiet Food, The Cake celebrates the food served.

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