



# Yogi in the Kitchen

*Elaine Gavalas*

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**Yogi in the Kitchen** Elaine Gavalas

Savory recipes to nourish the body and soul.

Yoga isn't just about exercise. For many, it opens the door to healthier living. Now, from yoga instructor and nutritionist Elaine Gavalas comes a complete guide to cooking and eating for yoga lovers. *Yogi in the Kitchen* features a full range of recipes that complement one's yoga practice. This down-to-earth cookbook offers advice on how to tailor your diet according to your dosha (mind-body type); how to stock your pantry with nutritious foods; and how to prepare them in mindful yet delicious ways. There's even a chapter on yoga poses that you can do while you're cooking!

The centerpiece of the book is the more than one hundred mouthwatering recipes that nourish the mind, body, and soul. With such tantalizing offerings as Buddha Rolls, Gazpacho Rainbow Soup, Sunflower Salad, and Pasta with Roasted Vegetables and Goat Cheese, Gavalas shows that mindful eating can make your yoga practice-and your mealtimes-more satisfying than ever.

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