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ABOUT Everyday Ayurveda Cooking for a Calm, Clear Mind. Eat your way to increased energy, balanced emotions, and an overall state of calm and relaxation. In Ayurvedic medicine there are said to be three main energies that affect our mind: tamas, the dull, slow, and stagnant state of mind.

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In The Everyday Ayurveda Cookbook, Kate O'Donnell inspires you to get into the kitchen and explore this time-honored system of seasonal eating for health and vibrancy. Season by season, learn how the changing weather and environment both mirror and influence your body and appetite. Foundational "everyday" recipes can be adapted to any season and any dosha for nourishing, flavorful meals ...

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Coat four 1/2 - cup ramekins or oven-safe coffee mugs with ghee or coconut oil. Heat a small skillet over medium-high heat. Coat with ghee or coconut oil, add the zucchini, and reduce to medium heat. Cook 3 to 4 minutes, until the zucchini starts to brown.

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Rinse the rice and dal twice or until water runs clear. Add them to the boiling water, along with the spice mix, and keep on high heat until the liquid boils again. Immediately turn the heat down and simmer, partially covered, for 20 minutes without stirring. Check after 20 minutes to see if the dal is submerged.

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