



Yoga Thailand's Healthy Lifestyle Cookbook (A Delicious Guide to Vegetarian Cooking, Volume 1)

Paul Dallaghan and Jessica Blanchard

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Inspired by homemade vegetarian recipes with influences from Thailand and India from Asia's famous retreat center, Yoga Thailand. This is the 2nd edition to the best selling product at the retreat center. It is simple, healthy, and delicious. It is not only for vegetarians or yoga practitioners.

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