

Ekadasi Grain Free Recipes: A Guide to Eating Healthy on Ekadasi Days

Ekadasi is a holy day in the Hindu calendar that occurs twice a month, on the eleventh day after the new moon and the full moon. On Ekadasi days, devotees of Lord Vishnu abstain from eating grains. This practice is said to purify the body and mind, and to bring one closer to God.



Ekadasi: Grain Free Recipes by Gene Daoust

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2092 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Lending	: Enabled
Screen Reader	: Supported
Print length	: 66 pages



If you are new to Ekadasi, or if you are looking for some new grain-free recipes to try, then this cookbook is for you. Ekadasi Grain Free Recipes provides a variety of delicious and healthy recipes that are perfect for Ekadasi days. These recipes are all made with natural ingredients, and they are sure to please even the most discerning palate.

What's Inside Ekadasi Grain Free Recipes?

Ekadasi Grain Free Recipes includes over 100 recipes, divided into the following categories:

- Appetizers
- Soups
- Salads
- Main courses
- Desserts

Each recipe is clearly written and easy to follow, and it includes a full-color photograph of the finished dish. The recipes are also gluten-free and vegan, so they are suitable for people with a variety of dietary restrictions.

The Benefits of Eating Grain-Free on Ekadasi

There are many benefits to eating grain-free on Ekadasi days. These benefits include:

- Improved digestion
- Reduced inflammation
- Weight loss
- Increased energy
- Improved mood

If you are looking for a way to improve your health and well-being, then eating grain-free on Ekadasi days is a great place to start. Ekadasi Grain Free Recipes provides you with all the tools you need to make this transition easy and enjoyable.

Free Download Your Copy Today!

Ekadasi Grain Free Recipes is available now on Our Book Library.com.
Free Download your copy today and start enjoying the benefits of eating grain-free on Ekadasi days.



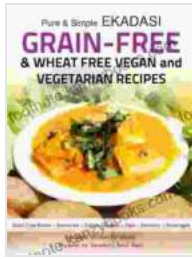
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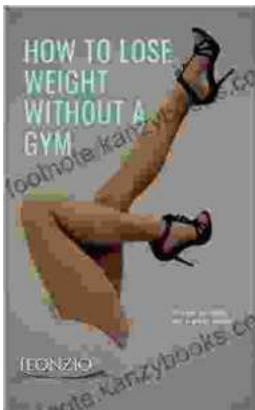
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