



# **The Expanding Light Cookbook : Vegetarian Favorites from California's Premier Yoga Retreat**

*Blanche Agassy McCord*

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## **The Expanding Light Cookbook : Vegetarian Favorites from California's Premier Yoga Retreat**

Blanche Agassy McCord

This is the first cookbook from an established yoga retreat that offers vegetarian favorites that guests have raved about. Only the tried and true made it into this book. In 30 years, thousands have visited this retreat for health and renewal. Learn to make tasty, low fat, easy-to-digest meals that are naturally satisfying, leaving you feeling light and energetic. Uncomplicated recipes, natural ingredients, delicious! Since 1968, "The Expanding Light" yoga and meditation retreat in Northern California has been known for its great-tasting, healthful, vegetarian cuisine.

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#### **Steven Bourg:**

Spent a free time to be fun activity to complete! A lot of people spent their sparetime with their family, or their very own friends. Usually they performing activity like watching television, going to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Might be reading a book might be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try out look for book, may be the guide untitled The Expanding Light Cookbook : Vegetarian Favorites from California's Premier Yoga Retreat can be fine book to read. May be it can be best activity to you.

#### **Laura McCallum:**

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