



# Guilt Free Vegan Cookbook

## Oil, Sugar, Gluten and Dairy Free Vegetarian Recipes

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- The ultimate, reader-friendly guide into the world of food that is free of sugar, gluten, oil, dairy, and of course, guilt!
- This book features carefully curated, delicious, and healthy recipes covering a range of cuisines including Indian, Thai, Italian, Mediterranean, and American

The ultimate, reader-friendly guide into the world of food that is free of sugar, gluten, oil, dairy, and of course, guilt! This book features carefully curated, delicious, and healthy recipes covering a range of cuisines including Indian, Thai, Italian, Mediterranean, and American. Easy-to-cook and requiring ingredients commonly found in every kitchen, these whole plant-based recipes have been known to cure a variety of lifestyle diseases and also keep the bulge at bay. With the focus being on mindful, conscious, and sustainable eating, the authors successfully de-mystify the world of health food without compromising on taste, style, or simplicity.

**Mala Barua** is the founder of Mystic-Asia ([www.mystic-asia.in](http://www.mystic-asia.in)), a luxury wellness travel company and is also a Yoga, Tai Chi, and Inner Silence Meditation teacher. She has worked as a Wellness Consultant in several luxury hotels and resorts across the globe. She writes on wellness and travel for various publications like *Vogue*, *Conde Nast Traveller*, *Travel & Leisure*, and *Ultratravel*. Mala is also food consultant to the Sri Sri Ayurveda Panchamrut Restaurant at the great master Sri Sri Ravi Shankar's Art of Living International Centre in Bangalore. Whole plant-based cooking is an addition to her repertoire in the world of wellness. **Nandini Gulati** is a health coach, public speaker and corporate trainer with a unique approach to healthy living. She integrates the natural wisdom of the body with the latest scientific findings about nutrition and lifestyle. Her personal struggle with weight and health issues took her on a remarkable journey of self-discovery and re-connection with her inner self. By making lifestyle changes, she reversed her hypertension and pre-diabetes symptoms and shed excess weight. Now, she loves to inspire people to adopt a healthy lifestyle by making it easy, tasty, and fun. She regularly writes about her insights and experiences on social media and her blog: [www.nandinigulati.com](http://www.nandinigulati.com).

