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The Great Indian Thali

Seasonal Vegetarian Wholesomeness

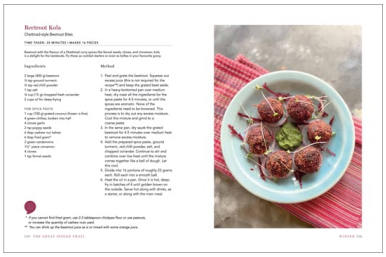
Nandita Iyer

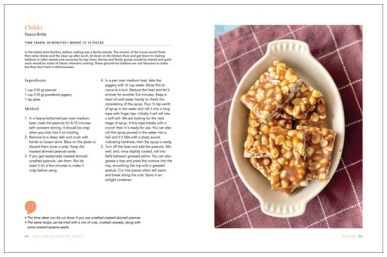
ISBN	9789392130434
Publisher	Roli Books
Binding	Hardback
Territory	USA & Canada
Size	7.24 in x 9.49 in
Pages	192 Pages
Illustrations	171 color
Price	$39.95

- Bringing to you vegetarian wholesomeness and stories from India, Thali is an immersive tour into India's culinary landscape

Bringing you vegetarian wholesomeness and stories from India, ***Thali*** is an immersive tour into India's culinary landscape. As one of the largest consumers of a vegetarian diet in the world today, many Indian communities in the plains and the peninsula have depended on the huge variety of healthy local produce rich in vegetables, fruits, nuts, grains, and cereal due to suitable climatic conditions over generations. There's a diversity of food available for every occasion, season, festival, age, region and even the day of the week – you name it. Exquisitely designed, with 70 easy-to-make quintessentially Indian recipes, ***Thali*** will make your mouth water and jaw drop with histories of India's places and people telling you who they are and why they eat what they eat. Doctor, nutrition expert, wellbeing advocate and columnist, Nandita Iyer is the author of three bestselling books. She has been writing on nutrition, health and food for over 15 years. Since 2006, her popular blog, Saffron Trail, has been a major resource for healthy food and vegetarian recipes.

Nandita Iyer's newsletter Sattva is about the joys of mindfulness and the beauty of slow living. She is a student of Hindustani classical vocal music and has an avid social media following on Instagram and Twitter. You can follow her @saffrontrail. Originally from Mumbai, Nandita lives in Bengaluru with her husband and son, her many plants and her beloved dog, Ida.





Published 6th Sep 2023