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*Sophia S Paul*

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# **Divine Recipes - The Yoga of Food: more from GREEN GODDESS - Raw/Cooked/Live - Vegan/Vegetarian - Suited for Diabetics**

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DIVINE RECIPES /The YOGA of FOOD – came about through gratefulness, creativity, blessings, spontaneity, and mindfulness. All ingredients are fresh, organic, nutritious, grown in healthy soil; harvested and prepared with love and gratitude. Food needs to be pure, simple and nourishing – just like yoga! The YOGA of FOOD – blending textures, flavors, and aromas, just as I blend a sequence of yoga poses; naturally, organically, and flowing with ease to create a masterpiece of mindfulness and perfection. I invite you to contemplate my thoughts for a little while, and soak up what speaks to you. I am sowing seeds – literally! My goal is to inspire everyone who is open and ready to lead a vibrant, mindful life, and to find out what abundance, health, and happiness REALLY mean. This book is designed for Vegans/Vegetarians/Raw Food Enthusiasts and those who have diabetes. However, everybody will benefit from the delicious creations presented here.

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