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has actually been around for generations. A holistic medicine practice from India, Ayurveda focuses on balance. When it comes to the dining table, that means fresh, seasonal and local ingredients combined to

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promote digestion and harbor anti-inflammatory properties.

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If you're bored of your
regular oatmeal, based
ayurvedic breakfast recipes,
switch it out quinoa

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porridge recipe – boil quinoa, almond milk, rock salt, vanilla extract for a couple of minutes. Top this warm porridge with cubes of stewed pear and sliced toasted almonds.

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