

Grains, Greens, And Grated Coconuts: Recipes And Remembrances Of A Vegetarian Legacy By Ammini Ramachandran

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or fresh grated coconut 1 tsp mustard seeds 1/4 1 tsp cayenne pepper* (optional) 2 Tbsp ghee Grains (14) Green Smoothies (14) Main Courses (20) Meatless

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Pepper trail - the trail of history, tradition and

Grains, Greens and Grated Coconuts. Morning begins before sunrise in India. I still remember, from my childhood in lush, tropical Kerala in southwestern India

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