

Macrobiotic Cookbook

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## Summary:

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Changing Seasons Macrobiotic Cookbook: Cooking ... - amazon.de Kindle-Shop. Wählen Sie die Abteilung aus, in der Sie suchen möchten. Macrobiotic diet - Wikipedia A macrobiotic diet (or macrobiotics) is a diet fixed on ideas about types of food drawn from Zen Buddhism. The diet attempts to balance the supposed yin and yang elements of food and cookware. Major principles of macrobiotic diets are to reduce animal products, eat locally grown foods that are in season, and consume meals in moderation.

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Amazon.com: macrobiotic cookbook The Macrobiotic Path to Total Health: A Complete Guide to Naturally Preventing and Relieving More Than 200 Chronic Conditions and Disorders. Basic Macrobiotic Recipes Basic Macrobiotic Recipes Brown Rice 1. Soak 2 cups of washed organically grown brown rice in 3 cups of spring water for 3 to 5 hours or overnight. 2. Place in a pressure cooker with a pinch of sea salt or a 1-inch piece of kombu sea vegetable per cup of rice. 3. Bring up to pressure on a medium high flame. 4. When pressure is up, place a flame deflector underneath and lower the flame. 5. Cook. Cage Macrobiotic Recipes John Cage Macrobiotic Cooking THE MACROBIOTIC DIET has a great deal to do with yin and yang and finding a balance between them.

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