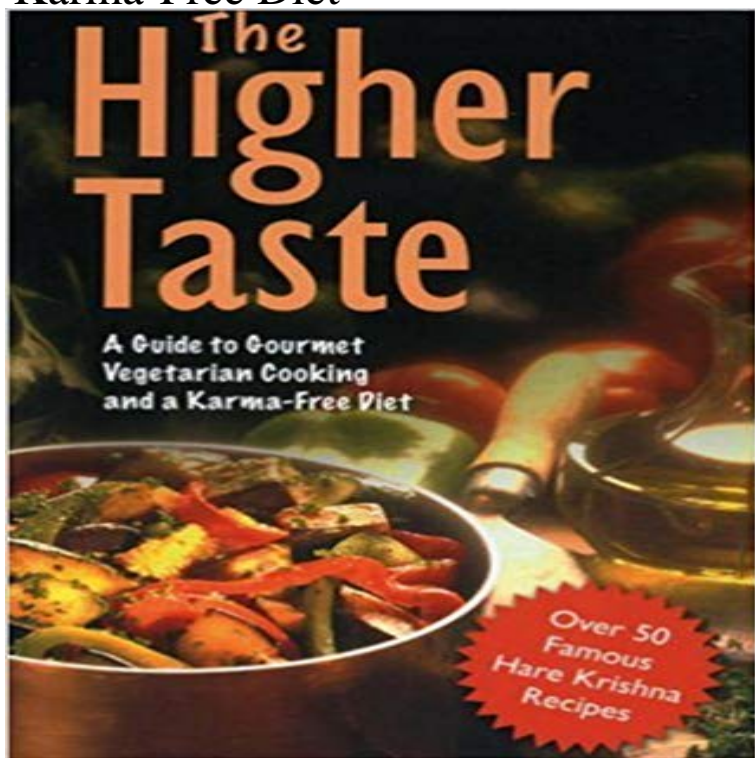


The Higher Taste: A Guide to Gourmet Vegetarian Cooking and a Karma-Free Diet



The Higher Taste is a practical guide to the exciting new world of gourmet vegetarian cooking...for a higher purpose. Discover the health and economic advantages, as well as important ethical and spiritual considerations, of this eco-friendly approach to diet and nutrition. The Higher Taste will teach you how to dramatically improve your life by changing the way you eat. This is the revised second edition of this popular book with brand new recipes by Kurma Dasa.

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Preparing karma-free vegetarian food is an integral part of the topmost system of