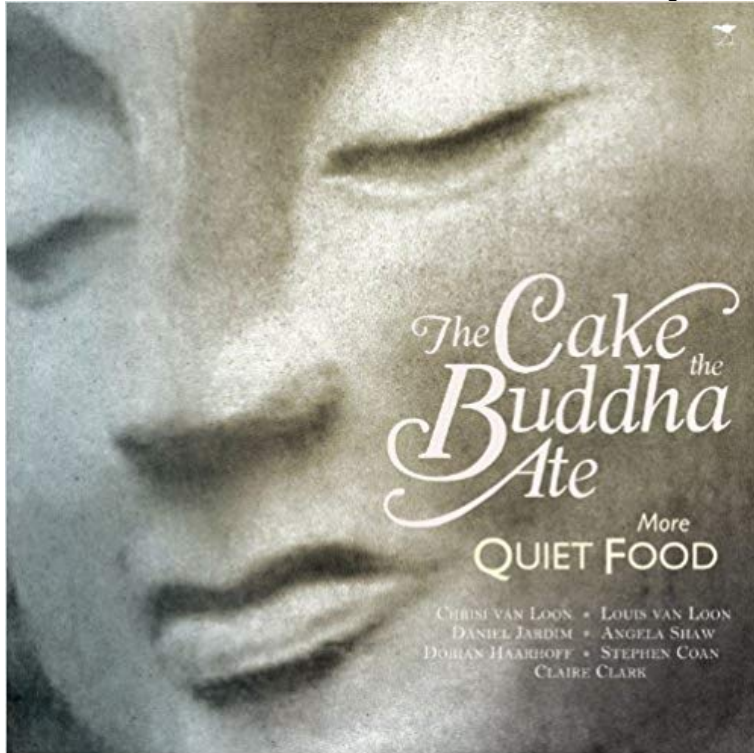


The Cake the Buddha Ate: More Quiet Food



Imaginative, tasty, and nutritious, the recipes compiled here originated at South Africa's Buddhist Retreat Center, renowned for more than 30 years of innovative vegetarian cuisine. Created by an exceptionally talented chef, it argues for a change in attitude toward this seemingly mundane human need: the need to eat in order to make it a joyful, flavorful journey, full of delights and surprises. Peppered with meditations and spiritual poetry, this cookbook also includes photographs and anecdotes that will offer a glimpse into the center's magnificent setting and varied workshops.

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