

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

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cardamom/ coconut rice pulao | real food for life - 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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