

Mayura Mohta is a nutrition and fitness expert with an academic background in biological sciences. In 2010, she founded Healthfriend, a social enterprise that conducts nutrition workshops cum cooking demonstrations to promote wise eating habits in the local community. Subsequently, she moved on to health journalism and co-authored a medical cookbook *The Heart Smart Oil Free Cookbook* for heart patients.

Mayura's strength is her ability to use scientific research to arrive at mainstream nutrition solutions. Her goal is to empower people to make smart food choices, cook nourishing meals and tune in to individual dietary needs. Through her writing, she provides her readers with the tools and information to inculcate intelligent eating habits and achieve the goal of smart and healthy eating.



The Wholefood Kitchen is NOT just a cookbook, it is more of an experience. It is intelligently written, chock-full of vital information, fascinating facts, and delicious easy-to-prepare recipes. The vast references with easy-to-grasp key points and outstanding graphics make for an uncomplicated user-friendly go-to cookbook. *The Wholefood Kitchen* simply covers the gamut of delicious Asian food, their flavours, fragrances and exotic spices. It is basically everything you ever wanted to know about Asian vegan or vegetarian cuisine. The recipes are hyper-creative, imaginative and family-friendly – stress-free and easy preparation for almost any cook's skill level. *The Wholefood Kitchen* offers a true culinary adventure, and transforms home cooking into creative kitchen fun with extremely tasty results.

Len Torine
Executive Director, American Vegetarian Association (AVA)
www.amerveg.org

A whole foods plant-based diet provides powerful protection against chronic disease. It is the only "medicine" that has demonstrated reversal of heart disease and type II diabetes. This book will take you on a delicious, healing journey. Enjoy!

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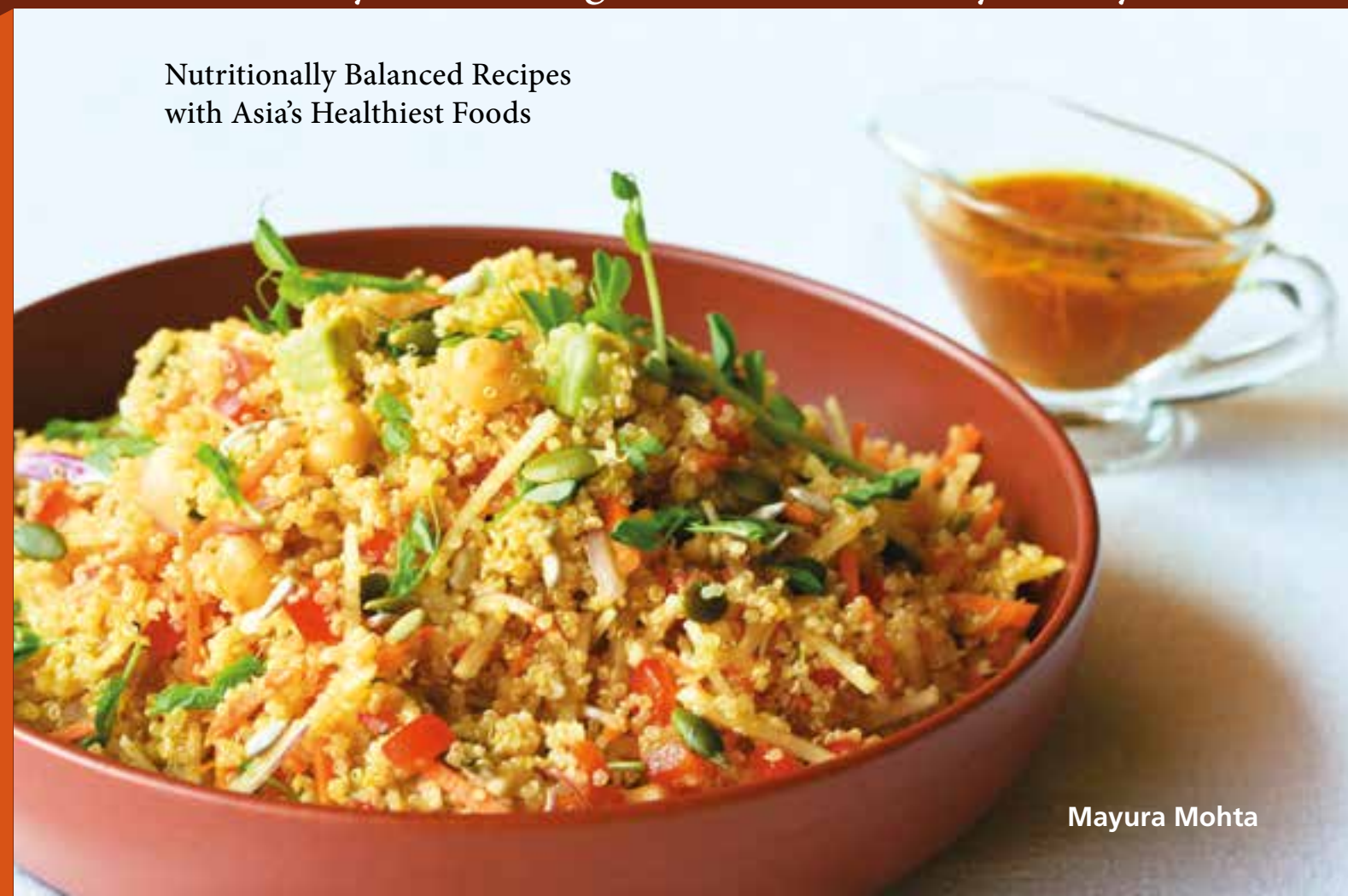
The **WHOLEFOOD** kitchen
Naturally Nourishing Meals for a Healthy Lifestyle



The **WHOLEFOOD** kitchen

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Nutritionally Balanced Recipes
with Asia's Healthiest Foods



Mayura Mohta

The Wholefood Kitchen has a delightful range of vegetarian, vegan and gluten-free recipes. Packed with nutrients and bursting with flavour, these delectable creations include tempting treats from seasonal thirst quenchers to wholesome soups and stews, as well as satisfying snacks, fragrant whole-grain bakes and irresistible desserts.

We wish to thank the organisations who support the publication of this book. Listed below are some of the well known ones.

American Vegetarian Association (AVA)

The Vegetarian Society of the United Kingdom Ltd

Vegetarian Society (Singapore)

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