

monks cookbook vegetarian recipes pdf

Buddhist cuisine is an East Asian cuisine that is followed by monks and many believers from areas historically influenced by Chinese Buddhism. It is vegetarian or vegan, and it is based on the Dharmic concept of ahimsa (non-violence). Vegetarianism is common in other Dharmic faiths such as Hinduism, Jainism and Sikhism, as well as East Asian religions like Taoism.

Buddhist cuisine - Wikipedia

A recent article in the journal Meat Science acknowledged that "a sector of the population perceives meat as a food that is detrimental to their health" because of studies associating meat consumption with heart disease and cancer. "For these reasons, these meat consumers look for healthier food alternatives as a means to maintain good health; so, this represents a good opportunity for ...

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