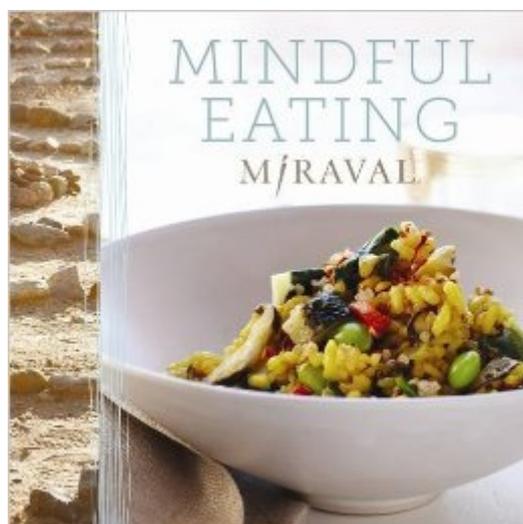


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# Mindful Eating



## Synopsis

Internationally renowned and award-winning, Miraval Resort & Spa sits at the foot of the sprawling Santa Catalina Mountains in Tucson, Arizona. There, nestled within the warm desert landscape, Miraval is the premier destination for life betterment—a place where guests feel, are, and can be more. Since its beginning in 1996, Miraval has upheld a powerfully simple vision: life is more meaningful and enjoyable when one's physical, emotional, spiritual, social, and intellectual components are in balance. The pioneer for mindfulness in every aspect of life, one of the pillars of Miraval's success is that healthy food can taste good. Long celebrated for delectable masterpieces in spa cuisine, Miraval's culinary team has created this compilation of balanced recipes, representing an invitation to continue eating the Miraval way—by expanding and mixing and learning more about one's needs while bringing diet into balance.

## Book Information

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## Customer Reviews

I recently stayed at Miraval and picked up their cookbook during my stay. I am very impressed with the quality of the book and the fabulous recipes. The book also has excellent tips on stocking your pantry, what kitchen utensils are most helpful, etc. The photos are mouthwatering! I have tried several of the recipes of food I actually ate during my stay at Miraval and found I really could duplicate some of their marvelous cuisine! This cookbook would make a wonderful wedding gift. Although I wouldn't consider myself a health food person, the recipes in this book are so yummy I am becoming a mindful eater and smiling the whole time. Thank you Miraval.

Mindful Eating is an absolutely beautiful book with delicious, healthy recipes. The book is written by the chefs of Miraval Resort in Arizona and the relaxing spa environment is communicated on each page with stunning photos and amazing meals. With Miraval pantry essentials, it is easy to step into mindful meals such as Breakfast Parfait, Garden Quiche, Teff Banana Bread, and Cucumber Avocado Soup, it makes healthy eating fun and flavorful. This book is packed with a number of vegan and gluten-free options, and while it is not a strictly vegetarian book, it is packed with all sorts of recipes of every dietary need. Beyond delicious recipes, there are a number of staples that make this book a kitchen find - with recipes like Miraval Mayonnaise, Citrus Vinaigrette, and Spicy Peanut Sauce and additional basics like Risotto and Roasted Vegetables, this book covers everything that you might want to revamp your repertoire. I love that recipes like Cumin-Scented Black Bean Cakes and Hummus and Baked Tofu Flatbread are healthy and packed with fresh ingredients. While not every recipe in the book is an ideal weeknight meal (some take a bit more prep time and are more involved), with the vast array of options in Mindful Eating, there is no shortage of healthy mealtime options for breakfast, lunch, or dinner.

Like the principle of the book, however, does not contain all of the Miraval recipes, and some ingredients are hard to find or are limited by region or country. The gist is good however one needs to be a creative cook to take this from spa restaurant menu to dinner table cuisine.

This is exactly the cookbook I've been looking for. Delicious, gourmet, HEALTHY cuisine. The recipes are inventive and flavorful and numerous. Things like Carmelized-Onion Orzo Cakes, Pistachio-Crusted Beef Tenderloin with Red Wine Reduction and Prickley Pear Marinated Duck Breasts with Ancho Chili-Mango Salsa. There some really helpful tips on how to cook healthier like filling a spray bottle with oil and using it to add oil to your food instead of just pouring it straight from the bottle. Also, the book starts with great (and often innovative) recipes for basics like beans, spice rubs and stocks. I especially appreciate that each recipe is accompanied by a detailed nutritional value breakdown. There is a definite southwest/Tucson/Sonora influence in many of the recipes. I may be biased, but southern Arizona is home to some of the best flavors in the world!

Unsurprisingly for a cookbook from a super high-end resort, a lot of the ingredients are spendy. Filet mignon, gruyere cheese and such. And some are pretty exotic. Buffalo filet, arborio rice, xanthem gum. And many recipes require serious prep time. So I'll be substituting and shortcutting a bit, but I've already produced some excellent meals. The book is arranged according to Miravel's various restaurants, which is pretty hokey, but it serves to organize the recipes by entrees, appetizers,

soups, etc. Despite the title, the mindful eating concept is only briefly discussed in the introduction. So have no fear if you're not into that. But if you are, you will find the recipes exceptionally mindful.

I highly recommend this cookbook to anyone who is looking for healthy, great-tasting recipes. I have been to Miraval Spa several times and love their spa cuisine. Each time I saw their cooking demos and listened to the tips from the chefs I asked if they would be coming out with a cookbook, and they finally have one so I can make some of the recipes I have tasted myself. Chef Chad and his team do a remarkable job creating recipes that are low in calories but still delicious. I recommend the chicken scallopini, kale salad, and crème brûlée to start with. My favorite tip from Miraval is to use a regular style spray bottle for oils; it works much better than the Misto Sprayer I previously used. I made the Miraval Blend oil (Canola/Olive Oil mixture) and found a 12 oz aluminum spray bottle at the Container Store that is perfect for it.

Fabulous! There are so many healthy and very tasty recipes in this book. The first section gives some great tips to help you prepare the food and there are lots of photos. I actually tasted many of these recipes during my visits to Miraval and they are delicious!

A gift from hubby. Think he is trying to tell me something. I haven't cooked anything from Mindful Eating but the recipes sound really good. Photographs are beautiful. Actually Miraval is almost in our back yard. Never could afford to go there but someday I will. MAT

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