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Pumpkin Briyani.

Ingredients 2 cups  
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and drained. 2 tbsp oil. 2  
tbsp ghee. 1 pandan  
leaf, knotted. 1  
cinnamon stick. 3 bay  
leaves. 3 star anise

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family. Deal with  
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meals at restaurants and  
while traveling

Incorporating systems  
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loss, bloatedness,  
irritability, and cravings.  
When tests showed that  
it was a lack of vital  
nutrients found only in  
animal products that  
were causing the  
problems, she  
discovered that not  
everyone has the  
metabolic type to go  
vegan. Now she offers a  
holistic look at eating a  
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