

Modern Ayurveda Rituals Recipes And Remedies For

Eventually, you will definitely discover a further experience and triumph by spending more cash. yet when? attain you believe that you require to get those all needs as soon as having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to understand even more regarding the globe, experience, some places, in imitation of history, amusement, and a lot more?

It is your utterly own epoch to proceed reviewing habit. in the middle of guides you could enjoy now is **Modern Ayurveda Rituals Recipes And Remedies For** below.

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DEMARCUS YOSEF

Ayurveda Cooking for Beginners Ryland Peters & Small

After labor, it's time for rest: A gentle guide to zuo yuezi, the ancient Chinese practice of postpartum self-care, including sixty simple recipes. The first forty days after the birth of a child offer an essential and fleeting period of rest and recovery for the new mother. Based on Heng Ou's own postpartum experience with zuo yuezi, a set period of "confinement" in which a woman remains at home focusing on healing and bonding with her baby, *The First Forty Days* revives the lost art of caring for the mother after birth. As modern mothers are pushed to prematurely "bounce back" after delivering their babies, and are often left alone to face the physical and emotional challenges of this new stage of their lives, the first forty days provide a lifeline—a source of connection, nourishment, and guidance. This book includes sixty simple recipes for healing soups, replenishing meals and snacks, and calming and lactation-boosting teas, all formulated to support the unique needs of the new mother. In addition to recipes, this warm and encouraging guide offers advice on arranging a system of help during the postpartum period, navigating relationship challenges, and honoring the significance of pregnancy and birth. Fully illustrated, it is a practical guide and inspirational read for all new mothers and mothers-to-be—the perfect ally during the first weeks with a new baby. "Bringing our attention back to the importance of the postpartum period for new mothers helps to create space for this essential period of integration and recovery . . . an invaluable companion during the first 40 days and beyond." —Ricki Lake & Abby Epstein, filmmakers, *The Business of Being Born*
The Tastes of Ayurveda Headline Home Prepare for a Great Adventure: Your Daily Life Kori Hahn has always done life her way — living off the grid as a young woman in Alaska; studying with spiritual

teachers and soul guides in Mexico, Sri Lanka, and Morocco; surfing around the world. Yet her primary, perennial quest has been an inner one. To that end, she evolved the practices she shares in this book, simple daily steps grounded in sacred yogic texts that will help you live your life your way, with maximum meaning and joy. Timeless principles of awareness, intuition, self-knowledge, and manifestation become contemporary practices incorporating visualization, breath work, journaling affirmations, and meditation. These habits of being grow the soul, enable our bravest and best selves, and, as Hahn shows, can take you wherever you most want to be.

Ayurveda Storey Publishing

"A must-read for anyone coming to Ayurveda for the first time or as a readable brush-up for all. Sahara offers a contemporary explanation of Ayurvedic wisdom that resonates with today's readers."—Deepak Chopra Discover your Ayurvedic Dosha (mind-body type) and find foods, self-care practices, yoga poses, and meditations that are tailored to your unique needs. Best-selling author Sahara Rose Ketabi makes Ayurveda accessible with this contemporary guide to the world's oldest health system. Originating in India over 5,000 years ago, Ayurveda is the sister science to yoga. It's the age-old secret to longevity, digestive health, mental clarity, beauty, and balance that's regaining popularity today for its tried-and-true methods. Sahara Rose revitalizes ancient Ayurvedic wisdom with a modern approach and explains how adjusting the timing of your meals; incorporating self-care practices such as dry-brushing, oil-pulling and tongue-scraping; eating the correct foods for your digestive type; and practicing the right yoga and meditation practices for your unique personality will radically enhance your health, digestion, radiance, intuition, and bliss. With *Idiot's Guides: Ayurveda*, you will: -Discover your unique Dosha and learn how it is reflected in your physiology, metabolism, digestion, personality, and even in your dreams. -Learn how your body's needs change according to the season, environment, and time of day -

Find ways to regain luster, passion and flow in your life -Enjoy easy-to-make, plant-based recipes -Establish an Ayurvedic morning and nighttime ritual for optimal balance -Learn how to balance your chakras according to your Dosha -Use Ayurvedic herbs and spices to heal digestive issues, skin problems, hormonal imbalance, and other ailments With plenty of fun facts, holistic humor, and sacred knowledge from Sahara that will help you seamlessly integrate Ayurveda into your lifestyle.

The Everyday Ayurveda Guide to Self-Care Hardie Grant Publishing

Ancient wisdom for balancing busy modern lives. Ayurveda is a holistic style of eastern medicine and wisdom that's thousands of years old. It focuses on letting your body do what comes naturally, through a system of behaviors, habits, and diet that works with your body's natural rhythms instead of fighting against them. Modern Ayurveda introduces you to the basics of Ayurvedic eating and lifestyle with everything from full recipes and morning meditations to daily routines, personalized yoga exercises, and more. Making Ayurveda uncomplicated and doable for busy people today, every recommendation in this book is built around your Dosha—the particular type of energy that circulates in your body. Discover your Dosha and start using Ayurveda to make simple changes that fit easily into your everyday life. Modern Ayurveda offers: What's your type?—Take the test to find out whether your Ayurvedic Dosha type is Pitta (wiry, resistant, charismatic), Vata (willowy, imaginative, unsure), or Kapha (soft, stubborn, passionate). 7-day plans-- Kickstart your journey into the Ayurveda way with a 1-week activity and eating plan for your Dosha. An ever-evolving way of being--Build up your own flexible program of complete self-care with small and simple daily actions. Now you have the tools to heal yourself inside and out with Ayurveda--anytime.

Rituals of the Soul Shambhala Publications A comprehensive resource by one of the world's most respected Ayurveda experts Ayurveda is the art of good life and gentle

healing. It is a holistic system of medicine that includes prevention, psychology, diet, and treatment. Join Hans H. Rhyner, a leading authority on Ayurveda, as he explores the principles, therapies, and collected knowledge of this powerful approach to health and wellbeing, including: Anatomical Aspects (Rachana Sharira) Evolutionary Physiology (Kriya Sharira) Constitution (Prakruti) Pathology (Samprapti) Diagnostics (Nidana) Pharmacology (Dravya Guna) Treatment Strategies (Chikitsa) Nutritional Sciences (Annavijnana) Preventative Medicine (Swasthavritta) Quintet of Therapeutics (Panchakarma) Clinical Applications Filled with natural treatment suggestions and herbal remedies for dozens of conditions, Llewellyn's Complete Book of Ayurveda provides detailed explanations of the most important topics in the field, such as: The Legend of Ayurveda Creation and Evolution (Sankhya) Logic and Analysis (Nyaya-Vaisheshika) Yoga The Channel System (Srota) Vital Points (Marma) Seven Basic Tissues (Sapta Dhatus) Biological Fire (Agni) Toxic Wastes (Ama) Somatic Constitution Psychic Constitution Causes of Disease (Nidana) Six Stages of Pathogenesis (Kriya Kala) Observation and Examination Principles of Treatment Acupuncture and Moxibustion Eight Considerations on Food Diet for Your Constitution Kitchen Pharmacy Daily Healthy Habits (Dinacarya) Rules for Different Seasons (Rutacarya) Ethical Life (Sadvritta) Purificatory Treatments (Pradhanakarma) Dietetics (Pascat Karma) Ethics Spirituality in Psychotherapy (Vedanta) Ayurveda Surgery Ayurveda Psychiatry Vastu-Vedic Geomancy Medical Astrology And Much More

Moon Bath Shambhala Publications

In a culture driven by advertising, convenience, and weight-loss gimmicks, our relationship with food has become sadly out-of touch. Yoga teacher Myra Lewin encourages us to slow down and cultivate a healthy relationship with what we put in our bodies. Drawing from the basic principles of Ayurveda and Yoga, *Freedom in Your Relationship to Food* is a simple and effective guide to enhancing your relationship with food and the process of eating. Including lists of foods to seek out or avoid, simple breathing and meditation exercises, and practical recipes, this book will help you overcome mental and physical obstacles to attain excellent health.

[The Ayurveda Kitchen](#) Independently Published

Moon Bath a luxurious guide that invites readers to immerse themselves in the healing powers of nature. This

transformative book features 16 bath and shower rituals aligned with the lunar cycles and the natural rhythms of the cosmos. Organized by moon cycle—New Moon, Waxing Moon, Waning Moon, and Full Moon—each ritual includes a bath recipe featuring healing natural ingredients. • Includes affirmations and meditations • Journaling prompts promote reflection and self-discovery. • Filled with lush, nature-inspired photography Brimming with Ayurvedic wisdom and plant-based medicine, *Moon Bath* is a lovely companion for modern mystics, wellness enthusiasts, and anyone who wants to wash away the stresses of daily life. Bath recipes include ginger and baking soda for detoxification, cacao and rose to cultivate love, eucalyptus and bentonite clay to release negativity, and chamomile and lavender to connect to deep wisdom. • This beautiful guide to bathing rituals and bath recipes makes it easy to incorporate calming and enriching self-care practices into everyday life. • Perfect for women who love self-care, meditation, yoga, crystals, and those interested in Ayurveda • You'll love this book if you love books like *Crystal Muse: Everyday Rituals to Tune In to the Real You* by Heather Askinosie and Timmi Jandro; *The Spirit Almanac: A Modern Guide to Ancient Self-Care* by Emma Loewe and Lindsay Kellner; and *Lunar Abundance: Cultivating Joy, Peace, and Purpose Using the Phases of the Moon* by Ezzie Spencer.

Ayurveda Lifestyle Wisdom Aster Winner of the 2018 Hearst Big Books Award (Women's Health and Wellbeing) *East by West* is the first solo cookbook from bestselling author, cook and TV presenter Jasmine Hemsley, co-founder of Hemsley + Hemsley. Featuring 140 delicious recipes from around the world, *East by West* champions the ancient Ayurvedic philosophy of eating to nourish, sustain and repair for ultimate mind-body balance. Jasmine continues her passion for balancing body, mind and spirit amidst the challenges of our fast-paced day-to-day lives, through real food and tasty home cooking. With a focus on listening to your body, eating when you're hungry, being conscious of what you're eating when you're eating it and choosing foods that are right for your mood from day to day, *East by West* is a modern take on the Ayurvedic principles. With classic Ayurvedic comfort dishes from Golden Milk to Kitchari and great family sharing dishes Sesame Roast Chicken to Saffron Millionaire Cheesecake, the book has something for every taste (bringing to life store cupboard basics to create dishes)

from super simple to simply special. A global range of recipes, together with simple mindful rituals and a classic cleanse to revisit when your energy levels need a boost help the book bring Ayurveda to life in a fresh and friendly way. Packed with beautiful colour photography and inspired by Jasmine's personal journey with food and healthy living, *East by West* represents a delicious evolution of the ideas explored in Hemsley + Hemsley bestsellers *Good + Simple* and *The Art of Eating Well*.

Ayurveda Harmony

Ayurvedic Rituals: Wisdom, Recipes and the Ancient Art of Self-Care is your introduction and practical guide to Ayurvedic philosophy, showing you how a deep connection to yourself and your natural environment will help achieve harmony in your body and mind. In this guide, *Ayurvedic Diet & Lifestyle* Consultant Chasca Summerville introduces this ancient practice to us in a modern setting. Chasca teaches us how we can achieve optimal health and happiness by tuning into nature and living an Ayurvedic lifestyle: rising daily with the sun, eating a seasonal plant-based diet, using natural/toxin-free personal care products, nurturing our mind and body through meditation & movement, and accessing the apothecary that the plant kingdom offers in abundance. Ayurveda is decadent self-care, it's for anyone wanting to deepen their yoga or meditation practice and it's for those who want to achieve a life of great health, deep fulfilment and serenity. Featuring sumptuous photography, *Ayurvedic Rituals* includes seasonal recipes, herbal teas, natural beauty recipes, self-care rituals, a plant-based first-aid kit plus methods to reduce stress & anxiety, improve digestion & gut health, and techniques to access deep rejuvenating sleep. Routines and rituals spread throughout the book will help you feel relaxed, happy, healthy and deeply connected to the natural world. This ancient practice will help you find a sense of peace & vitality so you can glow from the inside out.

The Ayurveda Way Shambhala Publications

You Are 1-Click Away From Having Insider Knowledge Of The Oldest Healing System In The World, Including How To Use It To Optimize Your Health With Ayurvedic Cooking! Ayurveda is touted as the world's oldest healing system, which has been existence for over 5000 years. Truly, for such a system to still be relevant in today's world, something must be great about it. Are you wondering.... Is it worth all the hype? What does it entail? Whether

you adopt the healing system to test it for yourself to know whether it works or not and if so, how exactly do you go adopting it in your life? If you have these and other questions, keep reading... This book seeks to uncover the ins and outs of this ancient healing system, which was once only available in the Indian subcontinent, but has found its way into all corners of the world thanks to its effectiveness treating and preventing various diseases naturally without using modern-day medication. The book goes wide and deep, answering more questions that you possibly may have about the topic to ensure by the end, you have more than average knowledge of Ayurveda and can start applying it in your everyday life from a point of knowledge to benefit from this science of life. Here is a summary of what you will learn in this book: The basics of Ayurveda, including what it is, what it entails, how it has evolved over the 5000+ years that it has existed, its principles and more The ins and outs of identifying your dosha, including how your dosha affects various facets of your life including digestion, dreams, personality, thought patterns, metabolism, physiology and more The Ayurvedic approach to health and healing, including how your body's needs usually change depending on the season, habits, sleep levels, exercise levels, environment and more The spiritual rituals that are involved in Ayurveda practice and how they relate to holistic health The place of yoga and tantra in bringing about the needed balance and health for your doshas How to practice the principles of Ayurveda in your cooking through effective ayurvedic cooking techniques that bring about optimal health and wellbeing The secret potent foods you need to include in your cooking to bring balance and healing to your doshas Potent medicinal herbs, spices and other remedies that will help you cure and prevent diseases naturally while balancing and healing your doshas How to combine different foods in your ayurvedic cooking for optimal holistic health of your doshas 120 delicious Ayurvedic recipes that will help balance and heal your unique dosha And much more! Even if this is your first encounter with the concept of Ayurveda, you will find this book easy to follow, as it breaks down seemingly complex Ayurvedic concepts using dummy easy, straightforward language to help you start applying what you learn right away! Are you ready to start making Ayurveda a part of your everyday life by jumping right into Ayurvedic cooking? If you answered YES, Click Buy Now With 1-Click or Buy Now to get started!

Eat Feel Fresh Simon and Schuster
Eat your way to increased energy, balanced emotions, and an overall state of calm and relaxation. In Ayurvedic medicine there are said to be three main energies that affect our mind: • sattva, the state of contentment and calm; • rajas, the state of reactivity and excitability; and • tamas, the dull, slow, and stagnant state of mind. The good news is that there are direct ways of bringing these states into balance through what we eat. The recipes in this book are simple, seasonal, and delicious, while bringing the traditional foods of Ayurveda into the modern kitchen. *Everyday Ayurveda Cooking for a Calm, Clear Mind* uncovers the true potential of food to heal not only our bodies, but our minds too.

Ayurvedic Beauty Care Abrams
From internationally renowned Ayurvedic healer, teacher, and scholar Acharya Shunya comes *Ayurveda Lifestyle Wisdom*, a groundbreaking guide to restoring health through the principles of Ayurveda. With just a few lifestyle changes, instrumented daily, the body becomes strong enough to begin healing itself, writes Shunya. Inside, you'll find a complete encyclopedia of Ayurvedic practices, recipes, and knowledge for bringing the body into balance and reclaiming your natural state of true health. "

Simple Ayurvedic Recipes Motilal Banarsidass Publ.

'An excellent masterpiece that brings the ancient timeless wisdom of Ayurveda, in a very simple and practical way, to our modern day-to-day life' - Dr Vasant Lad, Director of The Ayurvedic Institute
Ayurveda is a 5000-year-old system of medicine that takes a much needed holistic approach to life and wellbeing. Through balancing the three energy forces in the body known as 'doshas', Ayurveda goes beyond the boundaries of conventional practice to reveal your unique physical, emotional and mental needs. Expert practitioner Geeta Vara BSc and PGDip in Ayurvedic Medicine, gives simple, daily applicable rituals and wisdom that can be personalised to suit you, including guidance on food as medicine, detoxification, movement and meditation. By teaching us to reconnect with our natural bio-circadian rhythms, Ayurveda will lead you out of the doctor's surgery and on a journey towards self-healing.
WITH THIS BOOK, YOU CAN: · Discover your mind/body type · Better understand the epicentre of your health - the gut · Learn to identify early signs of imbalance · Transform your diet through taste and mindful eating · Be empowered to take a preventative approach to healthcare ·

Tackle personal health problems including: stress and fatigue, immune system issues, gastro-intestinal problems, disturbed sleep, migraines, weight management and more

East by West Abrams

Reap the health benefits of Ayurveda and optimize your seasonal routines with powerful, personalized self-care rituals to achieve sustainable weight loss, increased focus, and improved mental health. According to the ancient texts of Ayurveda, "All diseases begin at the junctions of the seasons." When we push against the essence of each season—going to bed late in the winter, eating sweet, heavy foods in the spring, or neglecting our skincare in the summer—we fall out of sync with nature and optimal health. Drawing on more than a decade of experience, Chopra-certified teacher Susan Weis-Bohlen guides you through simple yet profoundly effective shifts to take a more holistic approach to your health, in line with traditional wisdom but adapted to modern lifestyles. In this book you will find: -An Introduction to Ayurvedic practices, including meditation, breath work, chakras, mantras, yoga, and aromatherapy and essential oils -A dosha quiz to assess your mind-body constitution -A practical guide to the seasons explaining their relationship to each dosha -Personalized Guidance to build a daily routine for each season -Food as medicine recipes like Golden Milk for Sleep and Good Digestion and Spring Detox Soup An essential guide to year-round health, *Seasonal Self-Care Rituals* will lead you through healing rituals and natural remedies to support your ideal body weight, increased focus and mental clarity, a healthier gut and microbiome, improved stamina, better sleep, and emotional wellness.

Llewellyn's Complete Book of Ayurveda New World Library

Discover your Dosha and follow an Ayurvedic path to radiant health that's tailored to your individual needs! "... The ancient wisdom to balance modern hectic life ..." More than just a cookbook! Ancient healing tradition can give you a balanced body clear mind and amazing meals. You can bring balance in your life. Discover it and gain energy, relief from stress, and improve sleep. Modern medicine treats most ailments with prescription drugs. However, for those who want a natural approach to wellness, Ayurveda is a powerful, effective means of holistic healing. *Ayurveda Cooking for Beginners* takes a nature-based approach to wellness by turning to the oldest known medical system-food. *Ayurveda Cookbook* is what

you are looking for, here you'll find nutritious, flavorful, simple ayurvedic recipes that will easily transform into mouth-watering meals. It offers yummy recipes for every day. From delicious plant-based foods, including nuts, beans, quinoa, raw cocoa, and even dairy. These ingredients are used to their best advantage in this new cookbook. The book includes: An overview of Ayurveda Steps to Ayurvedic Eating More than 70 easy, satisfying recipes for every body type, or dosha, based on the fundamentals of Ayurveda Seasonal Adjustments and All-Season Cleanse to help you maintain a balanced dosha season after season Common Ayurvedic Cooking Ingredients (Shopping List) 10-day Ayurvedic Diet Plan And more...

Living Ayurveda Penguin

Ayurveda, the five thousand-year-old healing tradition from India linked to the development of yoga, is based on the concept that one's physical, mental, and spiritual well-being comes from a number of sources, including a healthful diet based on one's individual constitution. In this vegetarian cookbook, Amrita Sondhi, author of *The Modern Ayurvedic Cookbook* (now in its fourth printing), provides new twists on traditional Ayurvedic recipes that are also inspired by the growing popularity of whole grains (quinoa, bulgur, and barley) and raw foods. The Ayurvedic diet is based on the concept of three "doshas": vata (air), pitta (fire), and kapha (earth). Each of us has a primary dosha that we can strive to maintain at a healthy balance, but which can cause problems if excessive. The book includes a questionnaire so readers can determine their own primary dosha and then look for recipes that will help them to maintain or reduce it for optimal health. Recipes include modern interpretations of Indian cuisine (spinach feta and green chili samosas and mango and coconut kulfi), and Ayurvedic spins on vegetarian fare (sprouted barley rainbow pilaf and raw zucchini hummus). The book also includes yoga and breathing exercises that one can easily do at home or at work, full-color recipe photos, and information on sprouting/fermenting techniques and backyard gardening. *The Tastes of Ayurveda* offers simple and delicious ways to achieve a more healthful and serene life. Amrita Sondhi is a yoga instructor, Ayurvedic cooking teacher, and the owner of Movement, a sustainable fiber clothing line.

Ayurveda Diet Cookbook for

Beginners Penguin

Introducing *Eat Feel Fresh*, an all-encompassing healthy cookbook with over 100 healing recipes. Venture on a journey of wellness and serenity with the ancient science of Ayurveda. New to Ayurveda? No worries, we've got you covered! Ayurveda teaches that food is a divine medicine with the power to heal, and is packed with holistic healing recipes suited for your individual needs. This beautifully illustrated cookbook gives a detailed look at how to eat according to your body's specific needs, and will help you connect with your inner self. Dive straight in to discover: - Over 100 deliciously recipes including vegan and gluten-free options - A clear easy-to-follow overview of basic Ayurvedic principles - Comprehensive quizzes to identify your mind-body type to determine the best foods for your body. - A core focus on make-ahead meals designed for a modern healthy lifestyle Looking to develop a new you this New Year? Then look no further! *Eat Feel Fresh* emphasizes a modernized, plant-based approach to Ayurvedic eating, encouraging you to learn how changes in season and climate affect your digestion and how to adjust what you eat accordingly. Fall in love with cooking and change your relationship with food for the better with this contemporary vegan Ayurvedic cookbook: a must-have health book for anyone interested in adopting Ayurvedic principles to their lifestyle. Doubling up as the perfect gift for yoga practitioners who want to complement their physical practice through nutrition and lifestyle, or generally anyone interested in holistic healing to achieve a healthier, more balanced lifestyle. Wellness of the mind and body is vitally important in how we function as human beings. This healthy eating cookbook provides an essential guide on how to best take care of our most precious asset holistically. It has a personal narrative and author-driven success story as well as practical guidance and beautiful photography, to help you best integrate traditional Ayurvedic wisdom and contemporary nutritional science into your diet.

[The Modern Ayurvedic Cookbook](#)

Rockridge Press

A Ayurvedic yoga teacher helps women live a more healthful, radiant life through a series of mental and physical exercises and meditations as well as natural remedies for a wide range of health and beauty needs. Original. 25,000 first printing.

Modern Ayurveda: Rituals, Recipes, and Remedies for Balance Shambhala Publications

Forced by cancer to reexamine and redirect her life Maya Tiwari left a highly successful New York design career and returned to her native India to study Ayurvedic medicine. Her book a profound but practical testament to the healing power of balanced living shows how Ayurveda's ancient principles of health can help you achieve the highest levels of physical emotional and spiritual well being. The traditional form of medicine in India for more than five thousand years Ayurveda relies primarily on the proper use of foods and herbs to maintain or restore the body's natural state of balance. While Ayurvedic healing has in recent years become increasingly well known in the west Maya Tiwari is the first author to provide us with a comprehensive working guide to ayurveda as a way of life. *Everyday Ayurveda* John Wiley & Sons 'Anne Heigham has brought the ancient, timeless wisdom of Ayurveda into these energizing recipes that nourish the doshas. Anne Heigham has brought the ancient, timeless wisdom of Ayurveda into these energizing recipes that nourish the doshas.' Vasant Lad, BAM&S, MASc, Ayurvedic Physician 'Let food be your first medicine and the kitchen your first pharmacy.' Taittiriya Upanishad By using the principles of Ayurveda, which is one of the fastest growing health practices, and a little vision, transform your kitchen into a space that nourishes your body, mind and soul. With this beautiful introduction to Ayurveda, learn how to use your kitchen as a natural pharmacy to improve your health and prevent imbalances with key Ayurvedic ingredients, 80 perfectly balanced vegetarian recipes and simple home remedies. Ayurveda aims to bring health back into balance, nourishing agni (metabolic fire) and prana (life force), while clearing ama (metabolic waste or 'sludge'). Just imagine fresh, vibrant herbs growing, seeds sprouting and pickles fermenting. Discover how to perform a kitchen sadhana at the beginning of each season, mix your own spice blends and balance recipes according to what you need and how you feel. Sections include: Introduction to Ayurveda Ayurveda and seasonal eating The kitchen pharmacy Recipes from the Ayurveda kitchen Recipes include: Sweet potato and pea tortilla Nourishing spiced pumpkin soup Refuelling rice and red lentil balls Carrot and beetroot celebration cake