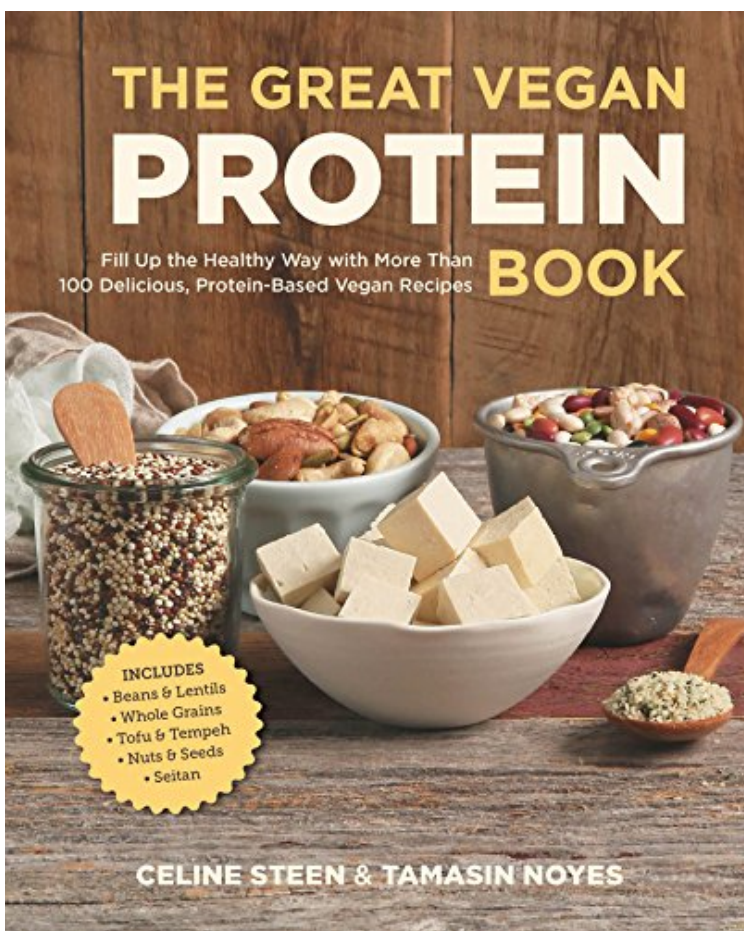


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The Great Vegan Protein Book: Fill Up the Healthy Way with More than 100 Delicious Protein-Based Vegan Recipes - Includes - Beans Lentils - Plants - Tofu Tempeh - Nuts - Quinoa



*Par Celine Steen, Tamasin Noyes
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Description :

Prsentation de l'diteur"How do you get your protein?" As a vegan, you're sure to get asked this question often. Most likely, you've even thought about it yourself. Vegan protein comes from things like tofu and tempeh, to beans, nuts, and protein-rich whole grains like quinoa. There are loads of options out there, but how to prepare them? What to put them in? These are questions that can feel daunting, especially if you haven't used these ingredients before. Never fear, Celine Steen and Tamasin Noyes to the rescue! The Great

Vegan Protein Book takes you step-by-step through each protein-rich vegan food group, providing you with valuable information on how to prepare the ingredient along with more than one hundred delicious and easy recipes (many of them low-fat, soy free, and gluten-free!). Each recipe uses whole food ingredients that can be easily found at most grocery stores or farmer's markets-no hard-to-find ingredients or things you can't pronounce. Say yes to protein and eating better with The Great Vegan Protein Book!

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