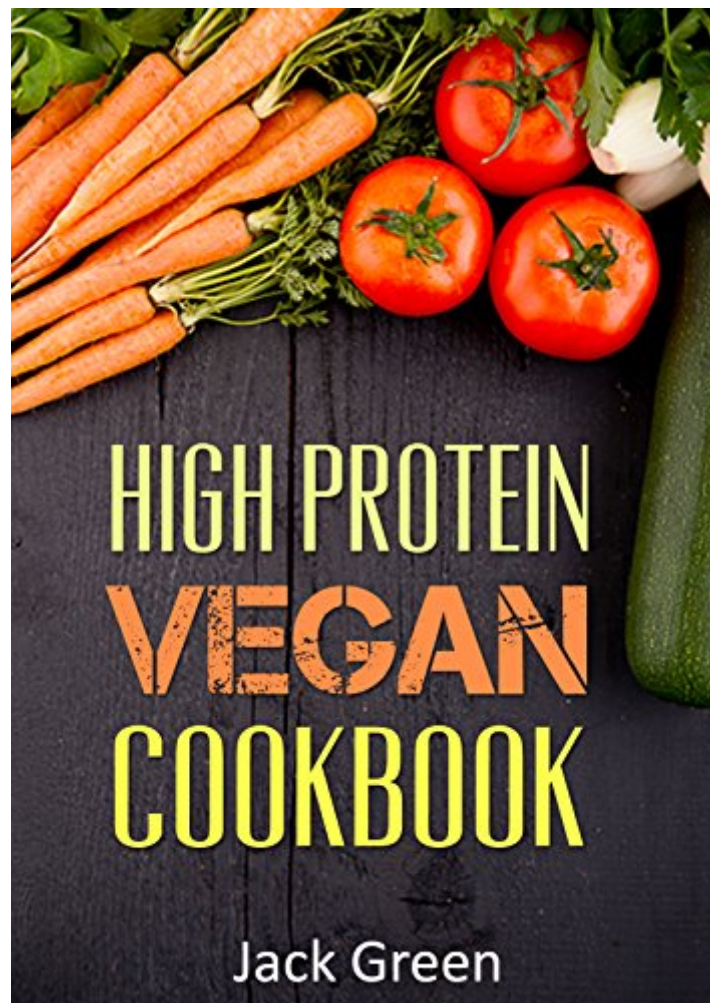


The book was found

**Vegan: High Protein Vegan
Cookbook-Vegan Diet-Gluten Free &
Dairy Free Recipes (Slow
Cooker,crockpot,Cast Iron)
(vegan,vegan Diet,vegan
Slowcooker,high ... Free,dairy
Free,low Carb)**





Synopsis

High Protein Vegan Cookbook-Cooking For Two Or More-Budget Friendly All recipes are Vegan Dairy Free Whole Food Plant Based High Protein Here's a glimpse of the recipes: pistachio-crusted tofu chili-quinoa white & black bean quinoa salad tofu with coconut peanut sauce lentil coconut curry & cauliflower buckwheat salad & toasted almonds grilled vegetables on bean mash tomato quinoa spinach scramble & vegan tofucilantro pesto & red pepper coulis with tofu easy/quick gluten free /vegan protein bars tofu steaks with chickpea bean egg & quinoa sushi mexican chickpea salad & MUCH MORE

Book Information

File Size: 746 KB

Print Length: 65 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 3, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B010Y07JGS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #70,645 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14 in Â Books > Cookbooks, Food & Wine > Special Diet > High Protein #16 in Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron #42 in Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Gluten-Free

Customer Reviews

I was afraid that high protein vegan would mean lots of nuts. Sadly, I'm one of those people who can't eat them. So I was pleasantly surprised to see that "high protein" means "quinoa" or "tofu" or "tempeh" in this cookbook. This book is currently available in Kindle Unlimited, so I thought I'd give it a go. The idea of subbing quinoa for ground chickpeas is a great idea. The recipe produces a slightly lighter patty, served with the usual tahini sauce on pita or on a salad, which is the way I prefer to do it. The tahini dressing has avocado, which makes it very tasty. By the way, if you use tahini, I

suggest you look for the organic tahini such as Kevala Organic Tahini 16 oz. This was recommended by a vegan friend who has taken a lot of cooking courses, and it really tastes good. I noticed a huge difference from the standard canned or bottled from the Asian grocery. Another recipe I appreciated--vegan enchiladas. They use silken tofu instead of cheese or chicken. There are some recipes with nuts, and that seems to be unavoidable if you are not eating meat or animal protein. The Alfredo uses blanched almonds to make the creamy, thick consistency and protein component of this white sauce. Likewise, the cannelloni have nuts in them. In my case, I could try to substitute tofu or white cannellini beans for the nuts--but in truth, I am not a big fan of cream sauces on pasta, so I wouldn't be making it in any case. I'm not vegan but I eat very little meat because that works best for my health (weight control, blood lipids.) This book has sufficient recipes to make it interesting and worthwhile. Even with avoiding nuts (so a handful of recipes are out for me) or avoiding peanuts (there are a few, for you peanut-allergic types), there are plenty of good things to enjoy.

Most of the recipes are based on tofu. I don't want to eat that much soy, and tofu is expensive, not much here I'd make. Really bad formatting, obviously hasn't been proofread either. I thought it was odd that a vegan cookbook would need to put "vegan" in front of most of the recipe titles in the table of contents, you'd think we would have figured that out already from the title of the book! The poor formatting and numerous errors in this book make this appear to be one of those cheap and nasty "lets grab recipes off the internet and publish them for quick dollars" books. Sad. For a laugh, there's both a recipe for "vegan mushroom, sun-dried tomato & spinach tofu quiche" and "spinach tofu quiche with sun-dried tomato and mushroom"! This isn't the only recipe repeat in the book. The book description says this is whole foods, but it actually contains ingredients like soy cream cheese and oil. No protein counts for the recipes, hard to say if the recipes are actually high in protein or not. The fettuccine alfredo looks like just lots of carbs from processed foods like pasta and soy cream cheese, no real source of protein.

One of the hardest things about going Vegan is making sure you can maintain a decent protein intake, so I am always on the look out for cookbooks like this and this is by far one of the best Vegan cook books I've come across yet. There are some fantastic recipes here and you won't be disappointed with how they taste

I am sure Jack Green is a Indian vegan, as all the recipes written in this book are vegan and all

Indian, I have tried almost all of them and love them all, this is life need more paneer recipes though, Indian masala recipes are so good in eating and digesting so much better than any meat.

It doesn't include calories and grams of protein, carbs, and fat. So how can you tell how high protein this is when trying to include in your daily macronutrients?

This is a great cookbook and even though I am not a vegan I purchased it because I like to eat this kind of food. The recipes are great and the instructions are clear. I have a friend that is a body builder and I gave this book to him and he is amazed. He loves it and already started preparing his own meals because these recipes are full of proteins.

There are a lot of recipes in this book! Everything seems pretty simple to follow and most of it sounds pretty good.

[Download to continue reading...](#)

Managing Your Family's High-Tech Habits: (From Video-Games to the Dark Side of the Web)
Machine Learning with R Cookbook - 110 Recipes for Building Powerful Predictive Models with R
Programming ArcGIS with Python Cookbook - Second Edition The High Definition Leader: Building
Multiethnic Churches in a Multiethnic World LEARN IN A DAY! DATA WAREHOUSING. Top Links
and Resources for Learning Data Warehousing ONLINE and OFFLINE: Use these FREE and PAID
resources to Learn Data Warehousing in little to no time Echo: What to Know About Your Echo,
How To Use It & Get the Most Out Of Your Echo *FREE BONUS INCLUDED* (Echo, Fire Phone,
... Fire Stick, Fire Tablet Book 1) Living Free: Learning to Pray God's Word, Revised (Member
Book) (Bible Study) Low Level C Programming for Designers: 2015 NumPy Cookbook - Second
Edition BeagleBone Cookbook: Software and Hardware Problems and Solutions System on Chip
Interfaces for Low Power Design Superfoods Cookbook: Over 95 Quick & Easy Gluten Free Low
Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss
Transformation Book 29) CROCKPOT DUMP MEALS: Delicious Dump Meals, Dump Dinners
Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) Bacon &
Butter: The Ultimate Ketogenic Diet Cookbook TV Without Cable: Guide to Free Internet TV and
Over-the-Air Free TV (Streaming Devices Book 1) Vegan Richa's Indian Kitchen: Traditional and
Creative Recipes for the Home Cook My Tv Without Cable: Your Guide To Free Internet TV And
Over-The-Air Free TV Made in India: Recipes from an Indian Family Kitchen Seoul Food Korean
Cookbook: Korean Cooking from Kimchi and Bibimbap to Fried Chicken and Bingsoo Hey There,

Dumpling!: 100 Recipes for Dumplings, Buns, Noodles, and Other Asian Treats

[Dmca](#)