



## Tofu Cookbook: Over 30 Top Tofu Recipes for a Light Vegan Meal (Paperback)

By Katya Johansson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Tofu CookbookOver 30 Top Tofu Recipes For A Light Vegan Meal Do You Like Tofu In Need Of Awesome Tofu Recipes? This One s For You! Tofu is an important source of protein for vegans, vegetarians and for all those who are looking for a meatless diet. Tofu, made from soybean curds, is naturally gluten-free and low calorie, contains no cholesterol and is an excellent source of protein, iron, and calcium. Being, made from soybean curds, it is gluten-free and low in calories, contains no cholesterol and is an excellent source of protein, iron, calcium and a lot of more minerals. Here s A Preview Of The Tofu Cookbooks - What s Inside. Recipes for Breakfast 1. Tofu Scramble 2. Tofu Scramble Ranchero 3. Tofu and Pinto Bean 4. Tofu and vegetable dish 5. Tofu pancakes 6. Tofu omelet 7. Apple Cinnamon Tofu 8. Skillet Tofu Tofu recipes for lunch 9. Tasty tofu bowl 10. Noodles with Stir-Fried Tofu and Vegetables 11. Grilled Tofu Skewers 12. Quinoa Tofu Veggies 13. Chipotle Green Onion Tofu 14. Smoked Tofu Pan-Fried Dumplings 15. Indian...



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