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# Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow Cooker,crockpot,Cast Iron)



## 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 tofu cilantro pesto & red pepper coulis with tofu  
easy/quick gluten free /vegan protein bars mexican chickpea salad & much more

## Book Information

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Average Customer Review: 4.1 out of 5 stars See all reviews (14 customer reviews)

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## 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.

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.

I usually don't care for cookbooks but this one really good. I suggest that everyone try the Curry quinoa salad. Absolutely delicious!

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 an 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?

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

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