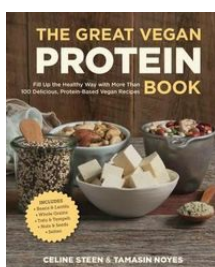


THE GREAT VEGAN PROTEIN BOOK: FILL UP THE HEALTHY WAY WITH MORE THAN 100 DELICIOUS PROTEIN-BASED VEGAN RECIPES

"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...



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