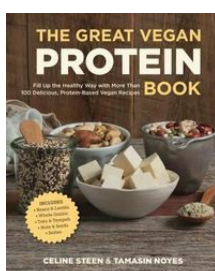


# THE GREAT VEGAN PROTEIN BOOK: FILL UP THE HEALTHY WAY WITH MORE THAN 100 DELICIOUS PROTEIN-BASED VEGAN RECIPES

"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...



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## Reader's Opinions

Think I want this; far too many things to scan. Putting it on my amazon wishlist. Bought it and finished reading it; well, except for the chapter on seitan cause that stuff's nonsense.

Great recipes and easy to follow instructions