

The book was found

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-cruste 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

Paperback: 56 pages

Publisher: CreateSpace Independent Publishing Platform (March 28, 2016)

Language: English

ISBN-10: 1530770505

ISBN-13: 978-1530770502

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

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

Best Sellers Rank: #439,688 in Books (See Top 100 in Books) #44 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron #90 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #552 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking

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.

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

Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow Cooker Desserts and more! Crockpot Recipes: The Top 100 Best Slow Cooker Recipes Of All Time (Crockpot Slow Cooker Cookbook Recipes Meal Preparation) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) My Lodge Cast Iron Skillet Cookbook: 101 Popular & Delicious Cast Iron Skillet Recipes (Cast Iron Recipes) (Volume 1) Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes) Vegetarian: Vegetarian Dump Dinners- Gluten Free Plant Based Eating On A Budget (Crockpot,Quick Meals,Slowcooker,Cast Iron) Slow Cooking for Two: A Slow Cooker Cookbook with 101 Slow Cooker Recipes Designed for Two People Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker

Cookbook) Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet Rice Cooker Recipes - A Low Carb Cookbook - Low Sugar & 1001% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2) The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) Top 500 Instant Pot Pressure Cooker Recipes: (Fast Cooker, Slow Cooking, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner) Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Nourishing and Delicious Meals (Pressure Cooker Recipes, Pressure Cooker) (Volume 1)

[Dmca](#)