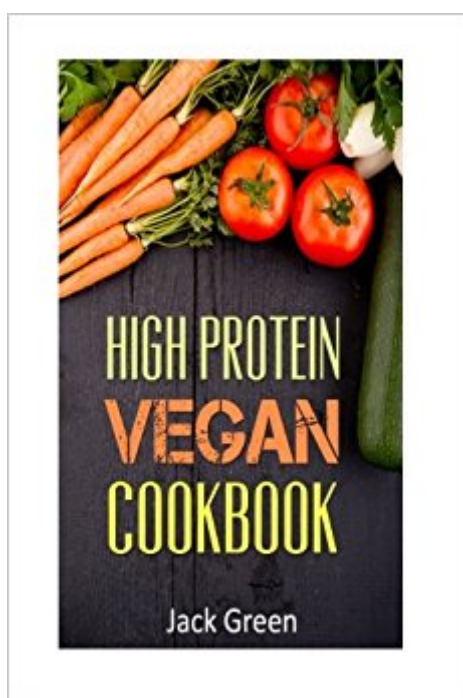


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# Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow Cooker,crockpot,Cast Iron)



## 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

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: 3.7 out of 5 stars 13 customer reviews

Best Sellers Rank: #990,558 in Books (See Top 100 in Books) #118 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Cast Iron](#) #246 in [Books > Cookbooks, Food & Wine > Special Diet > High Protein](#) #1149 in [Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking](#)

## Customer Reviews

Not what I expected...very pricey for what you get. No pictures or nutrition facts for any of the recipes. It is more a pamphlet than a book. I lost my money's worth on this purchase.

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

Poor quality book with boring recipes mainly tofu-based & other processed yuck. Maybe worth 25 cents, definitely not \$15.

Thank you. It arrived in good condition

LOVE IT! Bought it for a friend who is not vegan but an athlete dealing with health issues.

most cookbooks have usually one recipe that you like, and if it can be leading you to a healthy path, hey I think it deserves good credit!

Great cookbook.

This looks really good - can't wait to try these!

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Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb)  
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