



50 Tofu Recipes: 50 Easy to Prepare, Healthy and Delicious Tofu Recipes for All Occasions (Volume 1)

Clay Elston

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High in protein, low in calories and full of taste, Tofu is often an underutilized versatile food.

Hailed as the superfood of the east, Tofu is the perfect way to add variety to your kitchen.

This 100% vegetarian cookbook is packed with 50 easy to prepare, healthy and delicious tofu recipes. Some of these to tempt your tastebuds include:

Vegan Nut and Tofu Roast

The Classic Bean Curd Bites

Thai Inspired Vegetable Soup

Easy Peasy Tofu Scrambled

Tofu Stir-fry Vegetable Noodles

Stuffed Homemade “Tofurky” with Brown Rice

These recipes will convert the most adamant sceptics.

Why not try one of these delicious tofu recipes today and taste the difference a recipe can make!

If you're interested in diversifying your cooking with tofu, do yourself and your family a favourite and

reward yourself with some delicious recipes.

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Allan Carle:

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Ed Abraham:

This 50 Tofu Recipes: 50 Easy to Prepare, Healthy and Delicious Tofu Recipes for All Occasions (Volume 1) usually are reliable for you who want to certainly be a successful person, why. The explanation of this 50 Tofu Recipes: 50 Easy to Prepare, Healthy and Delicious Tofu Recipes for All Occasions (Volume 1) can be one of the great books you must have is usually giving you more than just simple looking at food but feed anyone with information that might be will shock your previous knowledge. This book is usually handy, you can bring it everywhere you go and whenever your conditions in the e-book and printed kinds. Beside that this 50 Tofu Recipes: 50 Easy to Prepare, Healthy and Delicious Tofu Recipes for All Occasions (Volume 1) forcing you to have an enormous of experience for instance rich vocabulary, giving you tryout of critical thinking that could it useful in your day pastime. So , let's have it appreciate reading.

David Thompson:

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