

Quick Easy Tofu Cookbook

Daniel Humphreys

Quick Easy Tofu Cookbook:

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Tofu Cookbook Daniel Humphreys, 2017-11-03 Have you ever eaten tofu Have you been afraid to try it due to all the mixed reviews you have heard Well if you have never tried it

you should definitely make your first attempt one of these amazing recipes from this Tofu Cookbook In this Tofu Cookbook we will explore 30 mind blowing tofu recipes that will leave you in awe Each recipe in this book will feature a variety of spices and seasoning that will give each dish a unique twist that you simply can t afford to miss So grab your copy of the book today and let s change your view of tofu **Tofu Cookery** Louise Hagler,2008 In this revised 25th anniversary edition all the recipes have been updated for today s nutritional standards using reduced quantities of more healthful fats and less salt Many new recipes have been added to reflect more current tastes and trends and to complement the old favorites everyone has loved over the years Sumptuous photos with tofu on center stage will tempt you and help you envision how your finished dishes will look Page 4 of cover <u>Tofu Quick and Easy</u> Louise Hagler,2001 Revised and updated this tofu cookbook includes new recipes and current information on the health benefits of soy Completely free of eggs dairy and meat products this cookbook is suitable for busy vegans

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