



Tofu Cookbook: Over 30 Top Tofu Recipes For A Light Vegan Meal

Katya Johansson

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Tofu Cookbook

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Do You Like Tofu & In Need Of Awesome Tofu Recipes? This One's For You!

Tofu is an important source of protein for vegans, vegetarians and for all those who are looking for a meatless diet.

Tofu, made from soybean curds, is naturally gluten-free and low calorie, contains no cholesterol and is an excellent source of protein, iron, and calcium.

Being, made from soybean curds, it is gluten-free and low in calories, contains no cholesterol and is an excellent source of protein, iron, calcium and a lot of more minerals.

Here's A Preview Of The Tofu Cookbooks - What's Inside...

Recipes for Breakfast

1. Tofu Scramble
2. Tofu Scramble Ranchero
3. Tofu and Pinto Bean
4. Tofu and vegetable dish
5. Tofu pancakes
6. Tofu omelet

7. Apple Cinnamon Tofu

8. Skillet Tofu

Tofu recipes for lunch

9. Tasty tofu bowl

10. Noodles with Stir-Fried Tofu and Vegetables

11. Grilled Tofu Skewers

12. Quinoa Tofu Veggies

13. Chipotle Green Onion Tofu

14. Smoked Tofu Pan-Fried Dumplings

15. Indian tofu fried turnover (samosas)

16. Tofu and Mushroom Miso Soup

Tofu Recipes for Dinner

19. Ginger Garlic Tofu Recipe

20. Caramelized Tofu and Broccoli

21. Squash and Tofu

22. Tofu with Rice

23. TOFU STIR FRY

24. Tofu and potato Latkes

25. Tofu Chilaquillas

26. Crispy Barbequed Tofu

Tofu Recipes for dessert

27. Chocolate Pudding

28. Sweet Tofu with vanilla

29. Vanilla Ice Cream

30. Berry Tofu Pudding

31. Tofu Cheesecake

31. Tofu Pumpkin Pie

32. Tofu and Blueberries

33. French Tofu Sticks

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Opal Moffett:

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