



The I Hate Tofu Cookbook: 35 Recipes to Change Your Mind

Tucker Shaw

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People hate tofu. And it's hard to argue with tofu hatred, at least at first glance. It's ugly, it's spongy, and it doesn't really look like food—you might ask, "What's the point?"

The point is that it's a clean, healthful, powerful, plant-based protein that provides all kinds of nutrients without a lot of calories or carbohydrates and pretty much no cholesterol. In other words, it's kind of a perfect food. And *The I Hate Tofu Cookbook* proves this. With thirty-five delicious and satisfying recipes—from Sweet-and-Spicy Tofu Nuggets and Tofu Caesar Salad to Tofu Sloppy Joes, Grilled Tofu Kebabs, and Chocolate Pudding Pops—you will come to love it. We promise.

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Melody Grissom:

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Randy Acevedo:

A lot of people always spent all their free time to vacation as well as go to the outside with them household or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. In order to try to find a new activity here is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the whole day to reading a publication. The book The I Hate Tofu Cookbook: 35 Recipes to Change Your Mind it is extremely good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to bring this book you can buy typically the e-book. You can m0ore quickly to read this book from a smart phone. The price is not very costly but this book provides high quality.

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