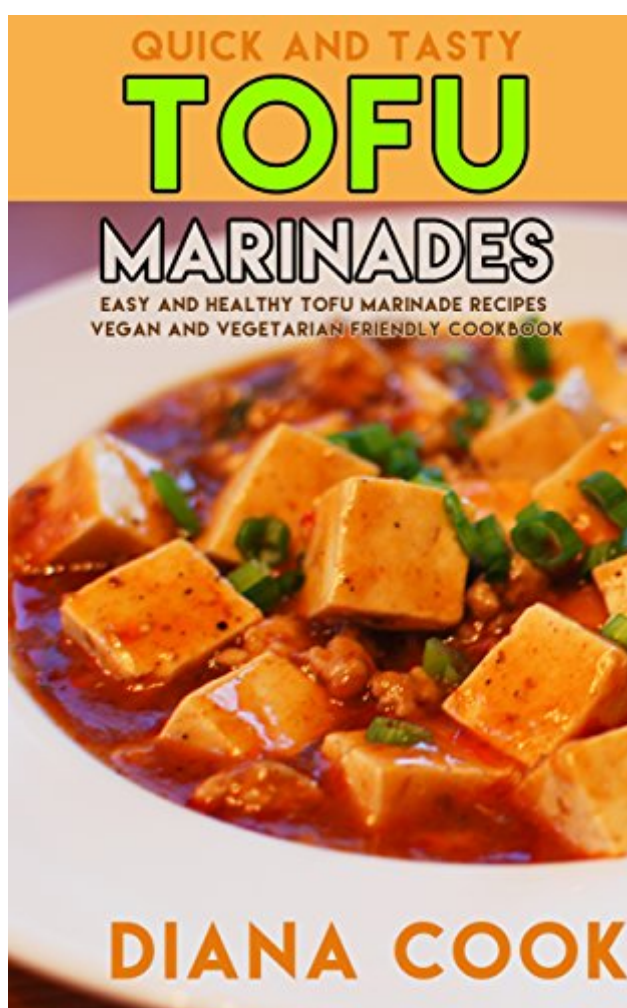




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Quick And Tasty Tofu Marinades: Easy And Healthy Tofu Marinade Recipes Vegan And Vegetarian Friendly Cookbook



Synopsis

54 amazing marinades. You won't believe you're eating tofu. Doctors, nutritionists, personal trainers, EVERYBODY is telling us we need to be eating more tofu. Tofu is high in protein and vitamins, and low in calories. The perfect food for getting in shape for the beach. Written for tofu lovers and tofu beginners. Praise for Quick and Tasty Tofu Marinades: "Great recipes, Diana. You really know how to make tofu taste amazing." - Ronda Conners "Wow wow wow. I cannot say it enough. My family is going full tofu this summer." - Karena Schultz Buy now before this book returns to full price.

Book Information

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Customer Reviews

Lots of creative marinade recipes. I have not made any of the recipes yet so my review is based on what I have looked at in the book. I would have given five stars if the author included information about the style of tofu being used in the recipes. I suspect firm tofu is being used in these recipes but this is not stated. Also, the recipes do not list amount of tofu for the size of the marinade.

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