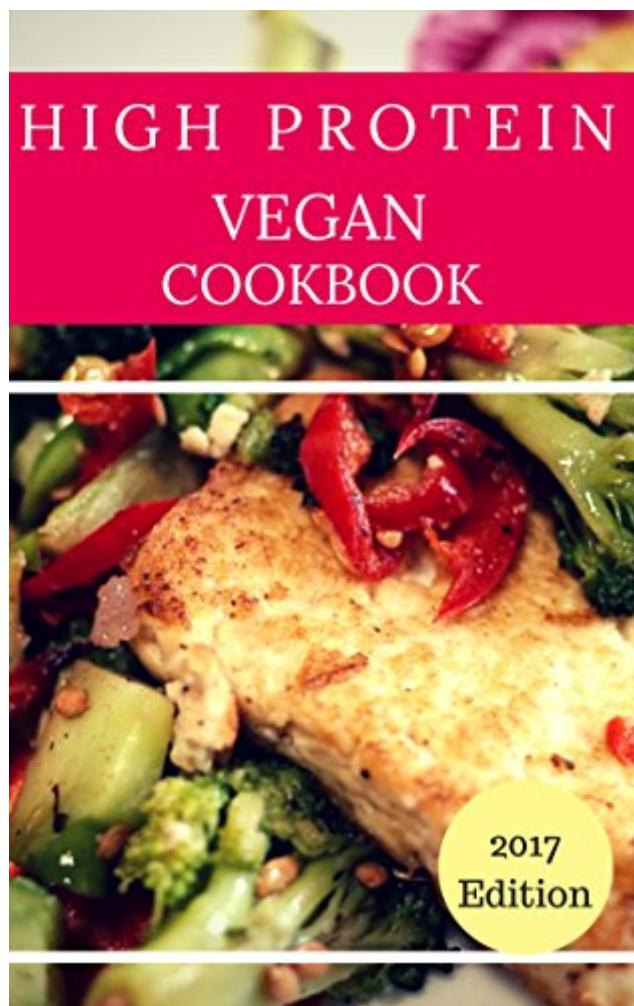


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# High Protein Vegan Cookbook: Delicious And Healthy High Protein Vegan Recipes



## Synopsis

This Vegan Cookbook Includes A Wide Variety of Healthy And Delicious High Protein Vegan Recipes! Get This Vegan Cookbook For A Special Discount (50% off) Having enough protein in your diet is very important, and is key for maintaining a healthy body. This is why many people who start the vegan diet are concerned about not consuming enough protein. Many people do not realize that you don't need to consume meats and dairy products for protein. There are many great sources of protein for vegans! Below are a couple of great protein sources for vegans.

Some Good Protein Sources for Vegans:

- Tofu: Tofu is probably the most well known source of protein on this list. Tofu is produced from soybeans, and is a very flexible ingredient that you can include in a wide variety of dishes. It can also have a similar texture to meat depending on how it is cooked.
- Beans: Beans are packed with protein and plenty of nutrients. One cup of beans contains around 15 grams of protein. This is a great ingredient for a variety of dishes.
- Quinoa: Quinoa is similar to rice, except for the fact that it contains 9 grams of protein per cup, and quinoa is a good source of complex carbs. This is a great alternative to rice.
- Soy milk: Soy milk has similar properties to dairy milk, such as it contains high protein and can be used for baking. But unlike dairy milk it doesn't come from an animal and is completely vegan diet friendly.

We hope you enjoy these high protein vegan diet recipes. All of these recipes have been handpicked because they contain healthy amounts of protein and no meat or dairy products for you to worry about.

## Book Information

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