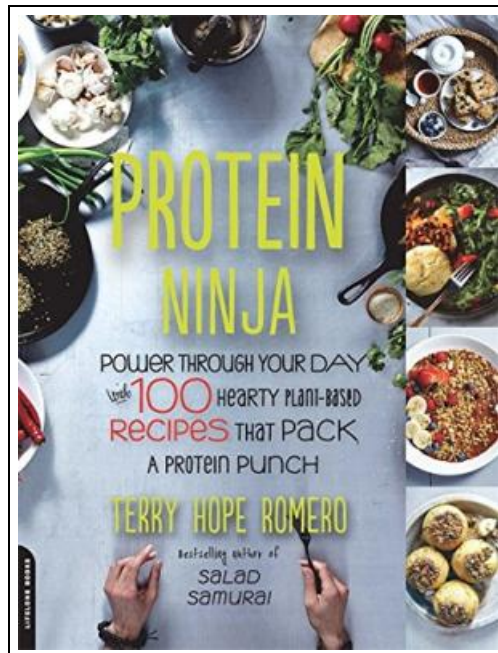


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Reviews

It is one of the best pdf. It is written in straightforward words and never difficult to understand. It has been designed in an extremely straightforward way and it is just following it finished reading this book through which basically modified me, affected the way I believe.
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PROTEIN NINJA: POWER THROUGH YOUR DAY WITH 100 HEARTY PLANT-BASED RECIPES THAT PACK A PROTEIN PUNCH (PAPERBACK)



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INGRAM PUBLISHER SERVICES US, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. I wanted protein recipes other than that mashing a vanilla-flavored powder with almond butter and flax seeds and calling it a day. I wanted something that really made me feel as if I was cooking. And yes, even good old-fashioned baking! Adding pure, unflavored, but wholesome plant-based protein powders to recipes brings out my inner foodie alchemist. I heard the call of the protein ninja. Whether you re vegan, vegetarian, or eat-everything-you-can-get-your-hands-on, a weeknight home chef, everyday athlete, or just a busy person looking wholesome, protein-rich snacks and meals, you deserve something better than another chia seed ball or protein shake for dinner. award-winning vegan chef Terry Hope Romero leads the charge with 100 lean, mean recipes using a wide range of readily available ingredients,from supermarket-friendly staples to cutting-edge superfoods and an arsenal of gluten- and soy-free options. With an everything-you-need-to-know rundown on plant-based protein sources, and chapters like Stealthy Protein Pancakes, Waffles, Scrambles, Much Much More, Super Toast: savoury or Sweet, and Better than Ever Burger Bowls, you ll soon be sneaking plant-based protein into your breakfasts, dinners, and everything in between.Dig into:Chocolate Avocado Smoothie BowlGolden Corn Hemp Protein WafflesBaked Veggie Pan OmeletEdamame Spelt FlatbreadsGaram Masala Red Lentil ToastCheezy Herb Kale SconesGreen Goddess Burger Roasted Potatoes BowlTomato Gravy Biscuit Kale BowlKorean Tofu Taco SaladLemongrass Tempeh Meatballs with Peanut Satay SauceWaffled Tofu, Waffles Collards BowlBlack Bean Hemp BrowniesPeanut Butter Coconut Cherry Chewies, and many more!.

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