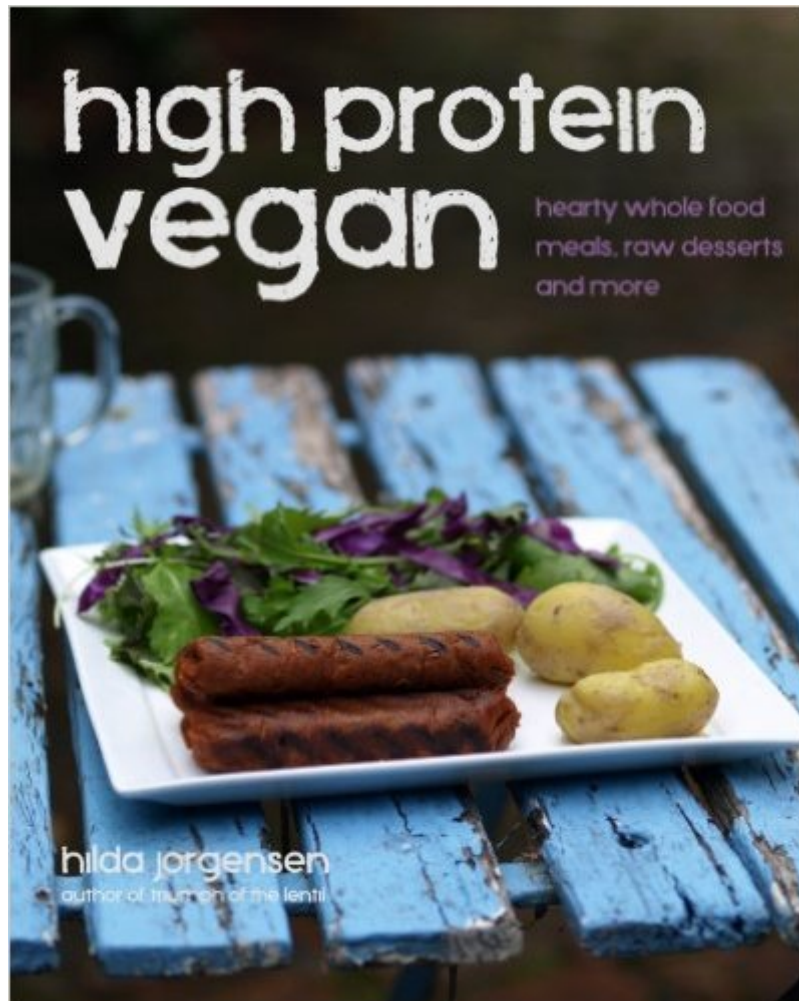


The book was found

High Protein Vegan: Hearty Whole Food Meals, Raw Desserts And More



Synopsis

High Protein Meals... Naturally

From the author of *Triumph of the Lentil: Soy-Free Vegan Wholefoods for all Appetites* comes another collection of hearty recipes - from easy everyday meals to gourmet feasts, all with clear directions and accurate timing. Hilda brings her signature style of creating flavoursome and satisfying food in the simplest way possible to this book with its focus on high protein meals. High Protein Vegan focuses on nutritious, tasty and filling legume-based main meals, as well as decadent-but-healthy raw desserts. With over 100 recipes accompanied by 90 colour photographs, this book will motivate you to create delicious high protein vegan whole food meals and desserts. High Protein Vegan is...

- Full of unique and tasty recipes, from new twists on old favourites through to innovative ways to serve vegetables and legumes.
- Allergy-friendly, with soy-free options for all recipes and many options for other diets and allergies including gluten-free, nut-free, nightshade-free and allium-free.
- Packed full of do-able recipes that can fit into busy lives.

With High Protein Vegan you can learn to...

- Create hearty and savoury meals with an awareness of umami flavour.
- Modify your existing recipes to add extra protein from whole foods.
- Make nutritious meals from scratch with a minimum of kitchen time.
- Understand protein needs and other essential information on vegan nutrition.
- Replace shop-bought vegan sausages with healthy homemade ones, with recipes in a variety of styles from the Australian-style pumpkin seed, lentil and herb sausages through to bratwurst and kaesekrainer.
- Pasta alla Carbonara
- Caesar Salad with Crispy Chickpea and Cauliflower Fritters
- Bean and Mushroom Stroganoff, Sunchoke Crisps on Cannellini Bean and Sunchoke Puree with Arugula Pesto
- Thai Green Curry
- Spicy Carrot and Chickpea Tagine
- Grain-Free Pad Thai
- Swedish Not-Meatballs with Mashed Potatoes and Gravy
- Bean and Sunflower Seed Risssoles
- Chickpea Schnitzel Patties
- Baked Chard Dolmathes Stuffed with Quinoa, Beans and Herbs
- Cauliflower Parmigiana Bake
- Pea and Cauliflower Samosa Pot Pies
- Lentil Loaf
- Lancashire Hot Pot
- Spinach and 'Ricotta' Calzones
- Pumpkin Seed, Lentil and Herb Sausages
- Bratwurst
- Lemon Cheezecake
- Chocolate Ice Cream
- Caramel Slice
- Chocolate Mousse Cake
- Halva
- Muesli Bars and more...

Book Information

Paperback: 116 pages

Publisher: CreateSpace Independent Publishing Platform (October 30, 2012)

Language: English

ISBN-10: 1480084549

ISBN-13: 978-1480084544

Product Dimensions: 8 x 0.3 x 10 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (14 customer reviews)

Best Sellers Rank: #1,095,421 in Books (See Top 100 in Books) #147 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #193 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #226 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods

Customer Reviews

Update 1/25/2016: I've tried a few more recipes, and the flavors have all been better. I should mention that I am only eating vegan about 4 days of the week to increase my vegetable protein intake, which likely makes it harder to please my palate. I've been trying to find good quality vegan recipes, and after going through several other cookbooks I must say that I appreciate the way this author approaches high-protein. Others rely heavily on soy-based products, which is not what I wanted. Anyway, this raises my estimation of the book from 3 to 4 stars.I just recently purchased the kindle version of this book, and two things stuck out to me: the photos are very amateur (some look downright unappetizing, like the omelette florentine), and there are no quick links to the prep section for beans and grains in the recipes. I've already had to flip around a lot more than I'd like. As of this moment, I have tried three recipes: Omelette florentine - 4 stars--I was pleasantly surprised! The omelette is more like a chickpea pancake, but the flavors are nice and rich. Pumpkin and Potato Salad - 3 stars. The flavors were very mild, almost as if it needed a twist of lemon or a double batch of pesto. Chocolate Custard - 1 star. This was the GRITTTEST, oddly runny and not-sweet custard I've ever tried. Clearly, the cashews needed to be soaked far longer than the author suggested (a couple minutes in the blender). I will skip this completely in favor of Jennifer Cornbleet's Raw Chocolate Mousse from her book Raw Food Made Easy. It's not high protein, but it makes me want to weep, it's so good. And it also comes in at half the calories! Speaking of calories, these recipes are loaded with them.

[Download to continue reading...](#)

Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) High Protein Vegan: Hearty Whole Food Meals, Raw Desserts and More Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In

This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan Raw Food Cookbook: 50+ Amazing Raw Food Recipes for a Sexy Body and a Focused Mind (Raw Vegan, Alkaline, Alkaline Foods, Plant Based, Detox Book 1) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) DIY Protein Bars: Simple & Tasty Homemade Protein Bar Recipes for Weight Loss, and Build Muscles to Replace a Properly Balanced Meal (Protein Bars, DIY Protein Bars, protein bars at home) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1)

