



**The Great Vegan Nut Book: Celebrate Protein-Packed Nuts and Nut Flours with More than 100 Delicious Plant-Based Recipes - Includes Soy-Free and Gluten-Free Recipes!**

*Celine Steen, Joni Marie Newman*

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**The ultimate guide to protein-packed, nut-filled vegan recipes!**

It can be difficult to get the required daily intake of protein, especially on a vegetarian or vegan diet. Nuts are an extremely popular vegan staple and an important source of protein. From main courses, to snacks and drinks, to desserts and cheeses, nuts are used as the main building block of so many delicious vegan recipes. *The Great Vegan Nut Book* explores the many ways to cook and bake with nuts, using only vegan ingredients. Get started with the essentials and learn to make nut and seed milks, butters and flours. Then, discover how nuts can be incorporated into every vegan meal.

Go nuts with 100 vegan recipes, including:

Moroccan Wild Rice Hazelnut Stuffed Squash

Apple Pecan Barley Stuffing

Sweet and Sour Pecan Power Salas

Quinoa Almond Orange Granola

Maple Caramel Corn with Peanuts

Thai Peanut Mango Spring Rolls

Sweet Sunflower Seed Omelet

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#### **Phyllis Belser:**

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#### **Carolyn Alcantara:**

Playing with family inside a park, coming to see the sea world or hanging out with good friends is thing that usually you will have done when you have spare time, after that why you don't try factor that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love The Great Vegan Nut Book: Celebrate Protein-Packed Nuts and Nut Flours with More than 100 Delicious Plant-Based Recipes - Includes Soy-Free and Gluten-Free Recipes!, it is possible to enjoy both. It is good combination right, you still want to miss it? What kind of hangout type is it? Oh can occur its mind hangout people. What? Still don't have it, oh come on its identified as reading friends.

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