



Protein Ninja: Power through Your Day with 100 Hearty Plant-Based Recipes that Pack a Protein Punch

Terry Hope Romero

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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: Savory 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 Bowl
Golden Corn Hemp Protein Waffles
Baked Veggie Pan Omelet
Edamame Spelt Flatbreads
Garam Masala Red Lentil Toast
Cheezy Herb Kale Scones
Green Goddess Burger & Roasted Potatoes Bowl
Tomato Gravy & Biscuit Kale Bowl
Korean Tofu Taco Salad
Lemongrass Tempeh Meatballs with Peanut Satay Sauce
Waffled Tofu, Waffles & Collards Bowl
Black Bean Hemp Brownies
Peanut Butter Coconut Cherry Chewies
...and many more!

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Leroy Ange:

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Aaron Tolleson:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their spare time with their family, or their friends. Usually they doing activity like watching television, going to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? May be reading a book can be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the publication untitled Protein Ninja: Power through Your Day with 100 Hearty Plant-Based Recipes that Pack a Protein Punch can be fine book to read. May be it is usually best activity to you.

Bernice Cofield:

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