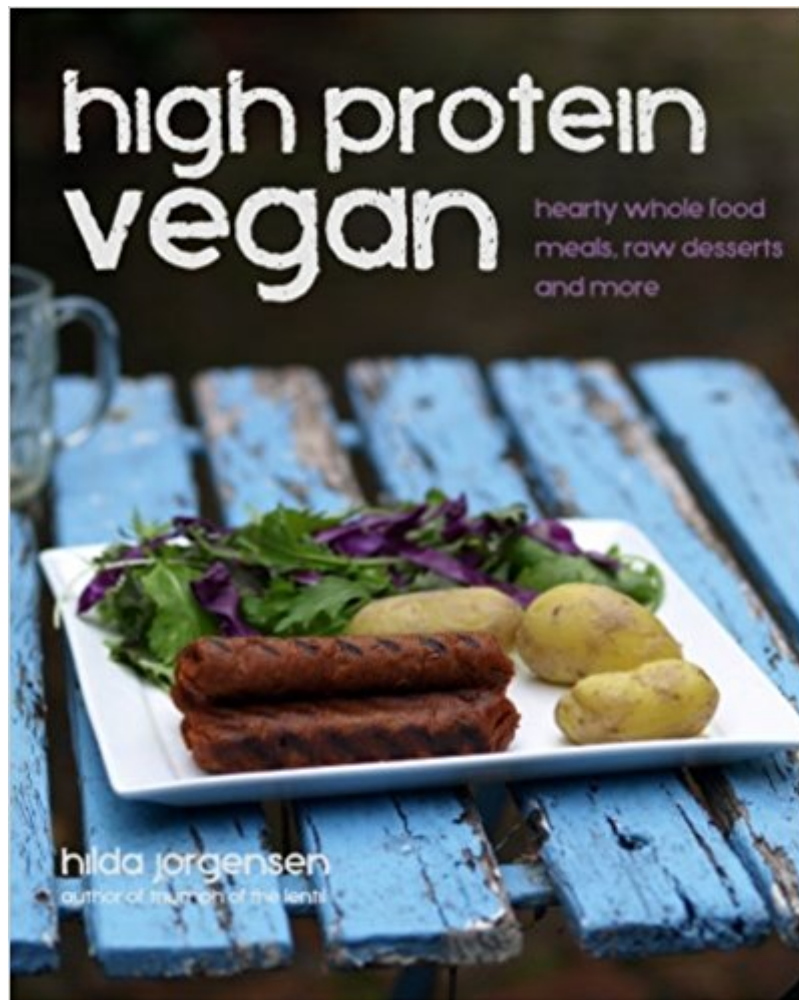




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High Protein Vegan: Hearty Whole Food Meals, Raw Desserts And More



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 Dolmatoes 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

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Customer Reviews

Surprisingly good, some unique recipes like soy free tofu made with garbanzo bean flour. Not crazy about the fact that she uses oil in half her recipes as I prefer whole foods plant based. But that's an easy enough tweak!!! It is easier to subtract oil than to subtract carbs in vegan cooking. I love this book & have already recommended it to other vegan friends. What I like is I've been cooking this way for years & this book threw me some new ideas. And I love the emphasis on protein since it's so important!!! I'm a yogi & very serious about it, I even teach. I've also been wanting to get back in the gym. Last time I worked out regularly my personal trainer tried to force me to eat animal products, greek yogurt, chicken breast, egg whites & I felt so incredibly s***ty all the time even though I was lean. She told me that my bean-based hippie meals were cheat meals. And in retrospect they were because I used lots of high carb & high fat products. I've come so far & now understand that I can eat the way my PT wanted me to without ANY animal products - there are so many clean vegan proteins & lower carb veggies. I look forward to leaning out with a vegan diet & this book will help me!!!

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. One suggested serving of the "salad" is 750 calories, the omelette florentine is 550 calories (without the recommended bread!), and the custard is 450 calories. I'll update after I've worked my way through some more recipes, but as of right now I'm in the middle of the road. So far, it appears the protein comes mainly from chickpeas (there's even a recipe for soy-free tofu made with chickpea flour) and cashews.

We own tons of vegan and raw-vegan books. This is one we have been considering getting for a while. It was worth the plunge as this book is a revelation. There are tons of lovely color photos, and there is such a variety of recipes. It is an easy, accessible way to make your own vegan meat substitutes and sauces that prove not everything has to be soy-laden. If you are looking for make-it-at-home options for those frozen, packaged and processed vegan meat substitutes, do yourself a major favor. Weary of an all-tofu and soy based protein diet? Us too. The creative use of beans and the like is refreshing. The sauces made of a bean base (which also double as a terrific hummus) is worth the price alone. Indulge. You will be so glad you did.

All we've made has been excellent. Well seasoned and hearty meals.

Great Book with so much information.. Glad I bought this...

I really enjoy the recipes and how the author keeps the recipes interesting and tasty. I would have liked the protein amount for each recipe but I can figure it out myself.

Well.....I'll be giving it a try and will keep folks posted on my blog. Easy read, not too wordy and gets right to the recipes. I will be using them in 2014. Who's joining me?

I haven't even tried the recipes yet but the layout and pictures and simple steps make me want to

scream with excitement! If I can figure out how to download more pics of this wonderful book, I will do it right now! This is a real book made by a real person. In other words this book has the appearance that she made it just for her friends, You and Me! Buy this book! Or better yet, wait for the pictures I download, and then buy this book!

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