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Cooking With Soy

Yoshiko Takeuchi

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Cooking With Soy

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Cooking With Soy Yoshiko Takeuchi
This book is a fantastic resource for anyone who wants to learn to cook with all kinds of soy products, including how to make their own tofu from scratch! Also it is fantastic for Japanese food lover. Featuring healthy meals using tofu, soy, edamame, tempeh and plant-based foods, the recipes in this book are great for alternative options like gluten free, dairy free and egg free. All recipes have vegan cooking options.

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