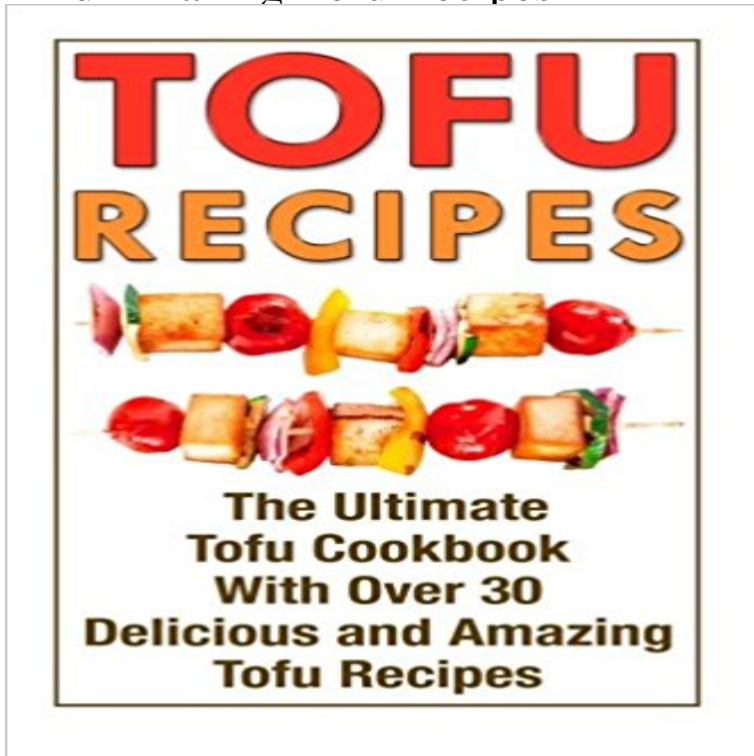


Tofu Recipes: The Ultimate Tofu Cookbook With Over 30 Delicious And Amazing Tofu Recipes



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tofu. This books gives the history of tofu, its health benefits and it also contains a collection of tofu recipes! I fell in love with the book because it even informs people about breast cancer benefits of tofu and the amount that may be a bit much. This book is a valuable resource and I give it 5 stars all the way! I love this book! This seems to be a hot topic as of late. Learned a lot of new techniques from this book. The book is very clear and easy to read. Highly recommended! Very special recipes on Tofu! I would never have imagined you can do so much out of it! You get everything complete with pictures and descriptions, on top of that you also get health benefits of tofu etc.. A must have book if you like tofu!!!

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