



# **Vegans Go Nuts: Celebrate Protein-packed Nuts and Seeds With More Than 100 Delicious Plant-based 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

## **Vegans Go Nuts: Celebrate Protein-packed Nuts and Seeds With More Than 100 Delicious Plant-based Recipes Details**

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## **From Reader Review Vegans Go Nuts: Celebrate Protein-packed Nuts and Seeds With More Than 100 Delicious Plant-based Recipes for online ebook**

**Julie says**

While I am not vegan, I often look for recipes that are in case several friends or my cousin pop in. This is a beautiful cookbook with lovely photography and food that looks and sounds delicious. Looking forward to trying several recipes

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