



Quick and Tasty Tofu Marinades: Easy and Healthy Tofu Marinade Recipes Vegan and Vegetarian Friendly Cookbook

Diana Cook

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54 amazing marinades. **You won't believe you're eating tofu.**

Doctors, nutritionists, personal trainers, EVERYBODY is telling us we need to be eating more tofu. Tofu is high in protein and vitamins, and low in calories. The perfect food for getting in shape for the beach.

Written for tofu lovers *and* tofu beginners.

Praise for *Quick and Tasty Tofu Marinades*:

“Great recipes, Diana. You really know how make tofu taste amazing.” - Ronda Conners

“Wow wow wow. I cannot say it enough. My family is going full tofu this summer.” - Karena Schultz

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Ana Steadman:

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Mary Brott:

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