



Soyfoods Cookery

Louise Hagler

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Soyfoods offer a readily available, versatile, and economical source of high quality protein, as well as other healthful benefits, for vegetarians and non-vegetarians alike. Discover how easy it is to cook up a wide variety of delectable dishes using tofu, tempeh, soymilk, miso, textured vegetable protein, and other readily available soyfoods. Add a little soy to your life, and be on your road to better health!

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