

# **Book Of Tempeh: The Delicious, Cholesterol-Free Protein, 130 Recipes By William Shurtleff**

**By William Shurtleff**

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## **Akiko Aoyagi - AbeBooks -**

Author: akiko aoyagi. Edit Your Search. William Shurtleff; Akiko Aoyagi. Published by Autumn Pr (1976) ISBN 10: 0394734319 ISBN 13: 9780394734316. Used.

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Soy protein is a protein that is isolated from soybean. (more protein, less fat). Soy protein concentrates are available in Tempeh; Textured vegetable protein

## **Tofu - Wikipedia, the free encyclopedia -**

which can be attributed to the presence of egg fat and protein. ^ Shurtleff, (1998), p.79 ^ Burmese tofu recipe Shurtleff, William;

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