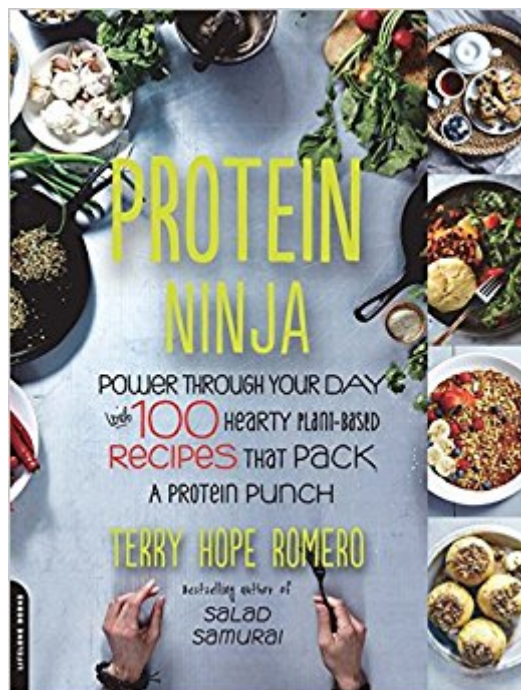




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# Protein Ninja: Power Through Your Day With 100 Hearty Plant-Based Recipes That Pack A Protein Punch



## Synopsis

I wanted protein recipes other than that mashing a vanilla-flavored powder with almond butter and flax seeds and calling it a day. I wanted something that really made me feel as if I was cooking. And yes, even good old-fashioned baking! Adding pure, unflavored, but wholesome plant-based protein powders to recipes brings out my inner foodie alchemist. I heard the call of the protein ninja. Whether you're vegan, vegetarian, or eat-everything-you-can-get-your-hands-on, a weeknight home chef, everyday athlete, or just a busy person looking wholesome, protein-rich snacks and meals, you deserve something better than another chia seed ball or protein shake for dinner. Award-winning vegan chef Terry Hope Romero leads the charge with 100 lean, mean recipes using a wide range of readily available ingredients—from supermarket-friendly staples to cutting-edge superfoods and an arsenal of gluten- and soy-free options. With an everything-you-need-to-know rundown on plant-based protein sources, and chapters like Stealthy Protein Pancakes, Waffles, Scrambles, & Much Much More, Super Toast: Savory or Sweet, and Better than Ever Burger Bowls, you'll soon be sneaking plant-based protein into your breakfasts, dinners, and everything in between. Dig into: Chocolate Avocado Smoothie Bowl, Golden Corn Hemp Protein Waffles, Baked Veggie Pan Omelet, Edamame Spelt Flatbreads, Garam Masala Red Lentil Toast, Cheezy Herb Kale Scones, Green Goddess Burger & Roasted Potatoes Bowl, Tomato Gravy & Biscuit Kale Bowl, Korean Tofu Taco Salad, Lemongrass Tempeh Meatballs with Peanut Satay Sauce, Waffled Tofu, Waffles & Collards Bowl, Black Bean Hemp Brownies, Peanut Butter Coconut Cherry Chewies—and many more!

## Book Information

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## Customer Reviews

Praise for Protein NinjaVegNews, January/February 2016&#147;We&#39;ve all heard the dreaded &#145;but where do you get your protein?&#39; question, and thanks to Terry Hope Romero, we&#39;ve now got answers, as the vegan icon&#39;s latest cookbook features 100 plant-protein-packed recipes perfect for everyone from professional athletes to people on the go.Ã¢âÂ•Vegetarian Times, March 2016&#147;Protein Ninja deliciously explains how to sneak more protein into vegan recipes.Ã¢âÂ•Metro, 2/29/16&#147;Protein Ninja proves sneaking protein into your meals isn't hard, it just takes a little creativity.Ã¢âÂ•Lisa&#39;s Project Vegan, 2/17/16&#147;[Romero] delivers new and clever ways to make sure we get enough protein&#133;What a great book&#133;The recipes are creative, flavorful and easy to follow&#133;This is cookbook that should be on your kitchen bookshelf. It is fun, different and a great answer to the age old question, but how do you get your protein?Ã¢âÂ•Powell&#39;s Books Blog, 2/29/16&#147;[Romero&#39;s] vegan books have helped to bring about a new vegan renaissance&#133;Protein Ninja addresses the concern many healthy food advocates have with a vegan diet&#151;the lack of protein&#133;I'm an omnivore and I'll happily cook from Protein Ninja.Ã¢âÂ•Sand and Succotash, 3/23/16&#147;If worrying about not getting enough protein in your diet is the only thing holding you back from becoming vegan, Protein Ninja dispels that worry and provides over 100 protein rich recipes for you to choose from&#133;with gluten-free and soy-free options, too&#133;A really great cookbook if you are wanting to increase your protein take.Ã¢âÂ•InfoDad blog, 3/17/16&#147;Less talky and less of an advocacy book than many aimed at vegans&#133;Absent here are the cutesy titles to which some recipe books gravitate&#133;This is a book that delivers to vegans just what its subtitle promises: &#145;a protein punch.&#39;Ã¢âÂ•Library Journal, 3/15/16&#147;[Romero] once again shows that protein comes in a variety of forms and can be seasoned any number of ways&#133;Refreshingly, her recipes don't rely on standbys such as tofu and tempeh for every meal&#133;The common ingredients used throughout (ginger, garlic, liquid smoke, etc.) are easy to find&#133;With creative and satisfying recipes, including ones that are gluten free and nut free, Romero's latest is sure to be in demand for eaters of all types, especially those who avoid eating animal products.Ã¢âÂ•Washington Book Review, 3/2/16&#147;This book is full of great recipes&#133;Protein Ninja will not replace your old cookbook but it will complement all the cookbooks you may have in your kitchen. It not only provides about a hundred tasty, scrumptious recipes but also techniques to improve your cooking by using protein powder to cook what you already cook.Ã¢âÂ•Curled Up with a Good Book, 3/8/16&#147;If you are seriously into veganism,

or want to really bounce around on a protein-induced muscle-building exercise high, this is the book for you. Veteran cookery writer Terry Hope Romero has come up with unusual new recipes to tickle your meatless fancy. With vivid color photos that make every dish look delectable, a handy, kitchen-y sort of size, and a complete food index, Protein Ninja is a must-have for soy-weary vegans, those who like their protein a goodly distance from the cow, and even those new to the whole vegan ethos.

—Milwaukee Shepherd-Express, 3/15/16; [Romero] isn't a militant proselytizer but a vegan author-chef who seems perfectly satisfied if her omnivore readers simply add more plant-based items to their diet.

—Whisk and Quill, 3/24/16; Gives us recipes for every meal of the day. Gratefully they are quick and easy, as well as ethnically diverse. No bored palates. The collection offers plant-based protein dishes that are more sophisticated and creative. One might easily say, gourmet. Romero offers tons of advice on how to easily up your protein intake.

—Soul Cycle, 4/14/16; An impressive collection of perhaps the best high-protein foods for meat-free eaters. Romero's recipes prove suitable for athletes and laymen alike.

—T.O.F.U. Magazine, 4/13/16; This book isn't just for athletes. If you're looking for a boost of protein in your diet or meals, or don't know how to answer that question &#145;But where do you get your protein?&#39; this book is phenomenal. In addition to upping the protein game, the flavours are what you'd expect from Terry: bold, distinctive, a bit quirky, and addictive.

—Portland Oregonian, 4/13/16; Features 100 plant-based recipes that are loaded with protein, and some of that coming from stealth protein powders, which Romero deploys ninja-style.

—Atlanta Journal-Constitution, 4/21/16; [Romero] leads the charge with 100 lean, mean recipes using a wide range of readily available ingredients; from supermarket-friendly staples to cutting-edge superfoods.

Terry Hope Romero is the author of several bestselling and award-winning cookbooks. In 2011 she was named Favorite Cookbook Author by VegNews. She lives, cooks, and eats in Queens, NYC. [veganlatina.com@terryhope](mailto:veganlatina.com@terryhope)

I'm surprised by all these low-star reviews! I received the book last week and have made three recipes so far, all excellent. \*\*\*update below with additional recipes 7/29/2016\*\*\* Audience Who is this book for? If you are going to be disappointed by adding protein powders to some recipes, this book isn't for you. I think this book is for two types of people 1) people who have been vegan for a long time, have eaten so much baked tofu that they're sick of it, and are looking for new and creative

ways to get their protein in and 2) vegan athletes and gym rats who want to up their protein, use protein powders anyway, and want more ways to sneak them in, and get more bang for their buck when using tofu, tempeh, and beans. (Those old vegan standbys are in here, too!)

### Table of Contents

1. Vegan pantry and staples. If you have more than one vegan cookbook, you know they all have this chapter. Common in this book: rice protein powder, pea protein powder, and hemp. Note that these are all protein powders that have one ingredient: rice, pea, or hemp. This is not weird creatine and whey and chemicals.
2. Smoothie bowls and granola. Smoothie bowls are variations on the theme of blended fruit with protein powder with a vegan milk, topped with nuts and seeds. Yum, interesting variations, and checks off multiple protein checkboxes for each meal. Granolas - Nuts, seeds, grains (buckwheat groats are common), often including protein powder mixed in with the liquid (maple syrup, orange juice, etc) before baking. Again, lots of your favourite natural vegan staples, just amped up with some protein powder to get extra nutrients. I haven't made any of these ones yet but they all look yummy.
3. Pancakes, waffles, and more. Reduced sugar and oils, and replace some of the flour with protein powder. I haven't eaten pancakes or waffles in years because of the carb overload, and this gives me a reason to add them back in sometimes. I'm excited. Pumpkin pancakes, peanut butter and raspberry french toast, tempeh bacon - good variety here. I also \*can't wait\* to make the tempeh sausage sage gravy - I plan to put this over portobello mushrooms. New ways to eat tempeh - I'm in!

There are also some sausage and patty recipes in this section. I made the Early Bird Scrambled Tofu this morning for brunch and it was excellent. Tofu, plus mashed chickpeas, and some veg and spices. Definitely different from any scramble I've made or had in a restaurant before.

4. Vegan Bakery Basket. Scones, biscuits, muffins and flatbreads, mostly made with the substitution of protein powders for some of the flour. Again, if you need more protein in your diet, sneaking in some protein powder with your carbs is genius.
5. Super Toast. Is toast the new thing in style for food now? Like, after kale and then cauliflower, next is toast? I don't know, but these are all simple spreads that would make for a hearty weekend lunch. Chickpea Pesto Tomato toast, pub beans on toast, white bean and cashew ricotta toast, chocolate hazelnut chickdate toast - it all looks good.
6. Protein-packed patties and burgers. Yes. I needed this. Bean balls and veggie burgers are usually a bit of bean and a bunch of grains and veg, or grains and veg and a nut butter. These ones are mostly tempeh and tofu based, and they all look so good. I made the Lemongrass Tempeh Meatballs tonight (tempeh, kidney beans, veg, spices - no grains) and they were excellent. Can't wait for leftovers.
7. Grain and Noodle Bowls. Basically this section takes the burgers and balls from the last chapter and then makes salads and bowls with them. Sometimes, those bowls include more beans or grains or nuts, OR biscuits from the previous

chapter, too. Combining protein-heavy recipes for an even better whole. Love it. I will be making everything in this chapter.8. Sweet TreatsBlack bean brownies, navy bean blondies, more cookies. Desserts made with beans, topped with nuts, and then with some protein powder subbing for flour. Want! I just made the Crunchy Nutty Butter Hemp Cookies. I used the wrong flour by accident, and they were very tasty still. I want to make the brownies so bad but they look like a lot of work.If you read this review and thought "Yes! Protein powder for flour - genius!" then you should buy this book. You're still going to get all your whole foods - nuts, seeds, and vegan staples like tempeh and tofu. The photography is gorgeous, as with all of Terry's books. This is the most creative vegan cookbook I've seen (I have about 15) and the only one focused around protein. I have so many books that I made the recipes and then have to bake some tofu to have on the side - this book solves that problem, and creatively. I'll update my review as I made a few more of the recipes, too.\*\*7/29/2016 Update\*\*I've made these additional recipes since my first review:- Trail Mix Protein Granola - Why didn't I ever think to make my own granola before? So easy, super fast, so easily customizable, and much better sugar/fats/protein ratio than anything that comes in a bag. So yummy.- Wake Up Waffles. Yum. I top them with sliced strawberries and a PB2 drizzle for even more protein. They refrigerate really well, too, and I'll grab the leftovers for a quick pre-gym breakfast during the week.- Tempeh Sausage Save Gravy. Very tasty, but chunky - not necessarily a bad thing, just depends on how you like your gravy.- Tempeh Apple Sage Sausage Patties - These are excellent. I even brought them to a brunch with non-vegans and everyone loved them. These are just as good at lunch or dinner as brunch.- Fluffy Rice Protein Drop Biscuits - Genius. I want protein powder in all my baked goods from now on. A bit heavy, but I think most vegan biscuits and scones are.- Bakery-style Blueberry Rice Protein Muffins - I wouldn't call these bakery-style by any means, but they are very good. I sub the oil with applesauce, and one muffin is then 108 calories, with less than a gram of fat, 19 carbs and 6 grams of protein. Is it the highest protein ever? No, but as far as carbs for breakfast goes, I'll take it. I usually eat two. I also have subbed blueberries with other berries or chopped rhubarb, and both worked well.- I shouldn't have made fun of the toast section. The Edamame & Pea spread (which I amp up with additional pea protein powder, which isn't in the recipe) and the Spinach Dill Ricotta spread are both fast, easy, I-always-have-the-ingredients-on-hand meals. Healthy and tasty, too.- Burgers and patties - I have made several. All tasted great but they were all really crumbly. For each patty, there is a recommended way to eat it as a burger, and in a bowl. Bowl is better because it

doesn't matter if it crumbles.- Lentil Walnut Loaf. I'm sure this is supposed to be like meatloaf, which I have never had. My mom never made it when I was growing up. I like this one. I think I put the tempeh gravy on it, too. Just realized I need to get on the sweet treats - I haven't made anything else from that section!

I am loving this book! So far I have made: \*The Steamed Seitan To Rule Them All: Easy to make, great taste and texture, and very versatile. My favorite steamed seitan recipe. \*Everyday Pea Protein Pancakes: Delicious! One of the best classic pancake recipes I have made. \*Almost Old-Fashioned Buckwheat Pancakes: Great plain, with chocolate chips, and especially with blueberries. These are the fluffiest pancakes I have ever made! Both these and the pea protein pancakes were picky-kid approved. \*Fluffy Rice Protein Drop Biscuits: Good, not life-changing. Quick to make. I want to try the Coconut Bacon Spinach variation. \*Bakery-Style Blueberry Rice Protein Muffins: I really liked these. You can definitely taste the rice protein, so my kids weren't fans. I really liked the fluffiness and texture. \*Chocolate Hemp Avocado Muffins: These were just okay for me--I'm not big on the taste of cooked avocado. However, my kids gobbled them up. \*Pinto BBQ Seitan Burgers: YUM!!! These are so good. Took longer to cook than stated in the book so I might try baking them next time. I'm planning on making the burger bowl with the leftovers. \*Five-spice Chickpea Peanut Noodle Bowl: So good! There are several components but it came together really quickly, while the chickpeas were roasting. Wonderful combination of flavors, my husband and I both loved it. \*Hazelnut Chip Navy Blondies: Yummy. My kids really liked these. The author states in the beginning of the Sweet Treats section that you can reduce the sugar in these recipes, and I will definitely do that next time with the blondies because they were a little too sweet for me. \*Chocolate Chip Ninja Cookies: Really, really good. Love the texture! The whole family enjoyed them. \*Chocolate Chocolate Ninja Cookies: These are incredible and I ate far too many of them. Everyone loved them, and I will be making them often. I am excited to try more of the veggie burgers and the savory dishes. Also, though at first I wasn't too enthusiastic about the toast chapter, I realized that this is actually a great way for me to get in a healthy and easy lunches for the week, and the flavor combinations look good. Overall, the book contains more recipes for baked goods and breakfast than I anticipated, but this has turned out to be a good thing. I love the emphasis on whole grain flours and healthy fats. And though many of the recipes use protein powder, I don't think it is in excessive amounts--just enough to boost the protein and iron content a little, which is nice for occasional use in my household which contains a couple picky vegetarian kids.

Really like this book - good mix of different kinds of recipes (breakfast, dinner, burgers, desserts, and toasts!) that have a good amount of protein. If I can get 3 recipes in the book that I like enough to keep on a regular rotation, then the book is worth the cost to me. This book did that with the first three recipes that I made. Please do not be put off by the protein powders that are ingredients in some of the recipes! This is a great way to sneak in some protein into everyday foods. As someone who weight lifts, I love the idea of doing this, I am so tired of drinking smoothies and shakes. And these are specifically vegan as well - subbing plant protein for whey in some of the recipes out there does NOT work very well. Terry does a good job of breaking down which pure plant protein powder works best for which recipe. Different protein, different texture. Yes, PURE plant protein - the book calls mostly for pure rice, hemp or pea protein. Only a couple recipes are suited for protein supplement powders. Also, not all of the recipes require protein powders! I have made a handful already that do NOT need any. I have made the 5 spice chickpea noodle bowl, the Pea and Edamame Toast, the Chili, and the Lemongrass Tempeh 'Meatballs'. All were very good. A lot of the entrees are very quick dinners to make. Everything I made came together pretty quick and made excellent leftovers. I really like the toast chapter! Very clever. Avocado toast is one of my favorite foods, so I really like the idea of toast for dinner. The smoothie bowl recipes look really good too - have not gotten around to making those yet. FYI - this is a REAL review, I was not paid or asked to write this for \$ or any products.

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