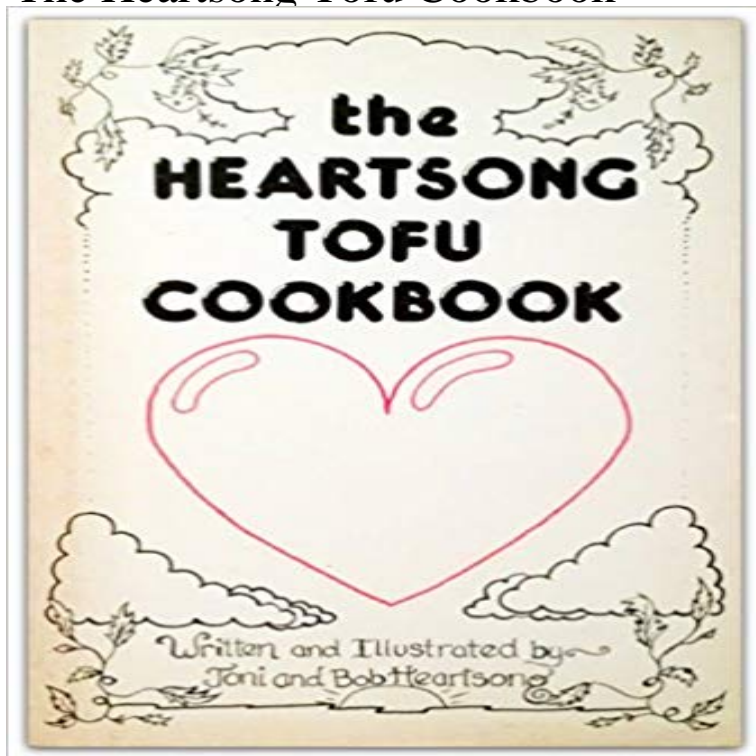


## The Heartsong Tofu Cookbook



This book is about Tofu. Tofu is a soybean curd that you can use in your favorite western style dishes such as french fries, cheesecake, or salad dressing! Our recipes provide an alternative direction in eating; we use no meat, sugar or dairy products, and yet our tofu dishes are tasty and enjoyable. Also included are complete instructions for making your own tofu at home. We hope to help people become more self sufficient.

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