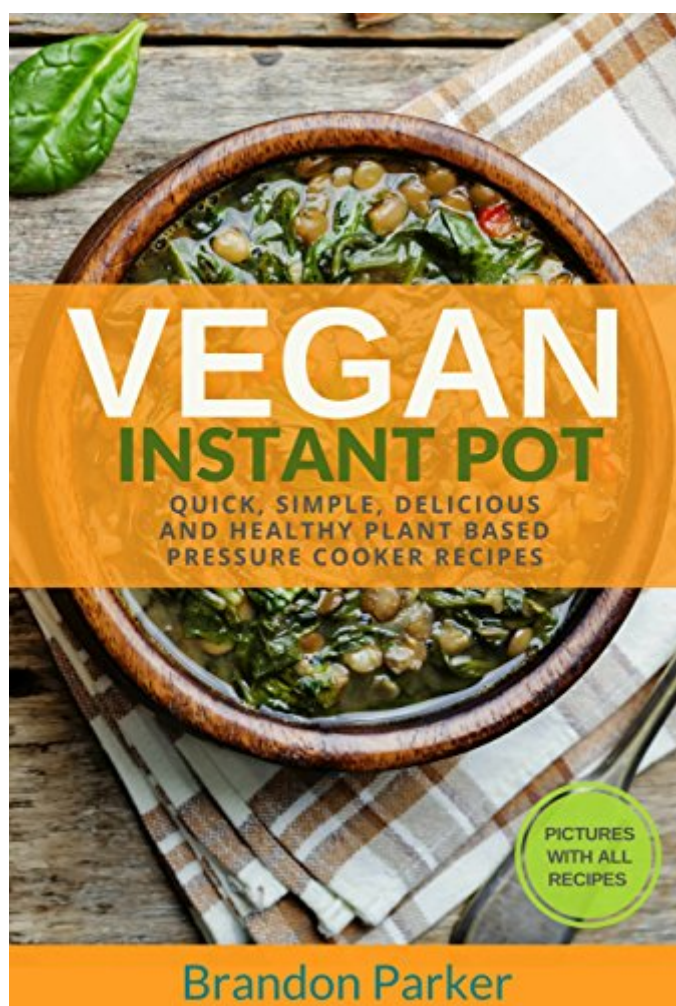


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# Vegan Instant Pot Cookbook: Quick, Simple, Delicious And Healthy Plant Based Pressure Cooker Recipes (Vegan Instant Pot Recipes Book 2)



## Synopsis

Would you like to create quick and delicious Vegan Instant Pot Recipes for your whole family? Would you like to upgrade your life with healthy and nutritious plant based dishes without spending all day cooking? Do you want to easily transition to a vegan plant based diet lifestyle? If yes, then this book might be a perfect choice for you! The Instant Pot Pressure Cooker is one of the best kitchen appliances to use for vegan recipes. If you don't want to spend the next few weeks eating rabbit food, you need a handy vegan-friendly cookbook by your side. Fortunately, this book: "Vegan Instant Pot Cookbook: Quick, Simple, Delicious and Healthy Plant Based Pressure Cooker Recipes" provides readers with tips and tricks on how to transition from a full or semi-carnivore to a full-pledged, but well-fed vegan. Gone are the days when vegans either ate nothing but fresh salads, or survived (barely!) on processed junk labeled "vegan-certified." With this book, any vegan with novice culinary skills can create delicious meals by just pressing a few buttons. This book contains easy-to-follow vegan-safe recipes utilizing the numerous cooking functions of the Instant Pot, including pressure cooking and sautéing, to name a few. Almost all recipes in this book entail preparing a few ingredients beforehand, placing these in the Instant Pot, and pressing a few buttons. The machine does all the hard work. And because this machine has pressure cooking functions, dishes cook at a fraction of the time as compared to stovetop cooking, or oven roasting. Some of the benefits a Vegan diet: Younger looking skin Healthier hair and nails Weight loss Longer lifespan Lower blood sugar levels Improved kidney function Protection against Cancer Lower risk of heart disease Reduced pain from arthritis Increase in energy levels Drop in Cholesterol And the list goes on... What is included in this book: Benefits of using the Instant Pot Pressure Cooker Introduction to Veganism Benefits of going Vegan Basic Instant Pot Guidelines One Pot Meals recipes Delicious Soups & Stews recipes Veggies & Greens ideas Tasty Grains and Lentils recipes Mouthwatering Main Courses Healthy sweet tooth Desserts Bonus recipes So, what are you waiting for? Grab a copy of this book, and embark on your new healthier lifestyle right now, for a limited time discount of only \$0.99!

## Book Information

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## Customer Reviews

I eat plant based so i am always looking for different and exciting ways to create quick and nutritious foods. I absolutely loved this book, the book is full of good information and good recipes. The vegan dishes are easy to make, you don't have to spend all day cooking. This way of eating has helped me to increase my vitality and has stop the pain I was feeling in my body. The guidelines for the Instant pot were well explain to make quinoa and rice. I also love the cauliflower and chickpea stew. My favourite is the curry with pan-fries plantains. This book is a really good read

I love this book and I have made almost all of the recipes. Such useful tips and wonderful vegan recipes. In this book there are recipes for Breakfast, lunch, soups, desserts. More importantly it includes amazing healthy vegan recipes ranging from appetizers, breakfast, sides, dishes, soup and desert. Now I have plenty of recipes to cook which makes me happy so much. Like the Vegan Instant Pot Rice and Veggies Dish, Pea and Pineapple Curry, and lastly the Easy Instant Pot Vegan Penne Rigatta. Ever since I bought my first Instant Pot I was looking for the right cookbook. I think I finally found it!

Enjoy the wonderful benefits of going Vegan. There are also tips on the use of the Instant Pot

Pressure cooker to cook vegan recipes along side wonderful recipes. Some truths about going vegan are also discussed in the book and I find them to be of real importance. This book will show you all about the Vegan lifestyle and the Instant Pot.

An amazing book! My family and I love a healthy diet and the way we create, this book is one of the best I've ever taken. Of course, all the meals I prepare the instant way, because food prepared in that way remain healthy. This book contains a lot of good recipes, and I heartily recommend to all who love vegan food!

This book I picked up for my sister who wants to become a vegan. This book contains excellent recipes and I think it is great for those who have never prepared vegan meals. Recipes are easy to follow, and with every recipe is standing photo, so you can see how the dish should look like. Sincere recommended!

Good book with delicious recipes. My family and I like it very much. We are just starting our vegetarian life and there are a lot of nice and easy recipes for delicious and healthy meal for every day.

There are a lot of great recipes here. I love the wit of the authors as well. Very quick and easy recipes. They're delicious too! People at work keep commenting on how good my lunch looks and smells!

It's not the first book I have on vegan diet, but definitely the first one with so many easy recipes. Butternut squash soup is just my favorite! So easy to cook and it tastes good.

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