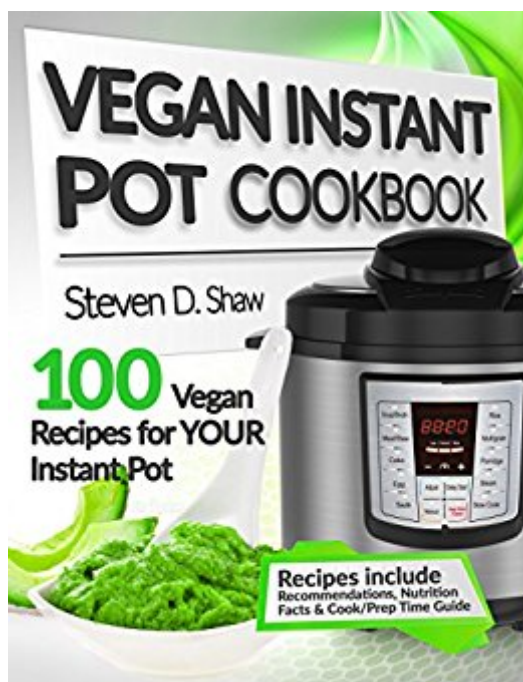


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# Vegan Instant Pot Cookbook: 100 Vegan Recipes For YOUR Instant Pot



## Synopsis

Do you think being vegan means eat boring tasteless meals? Or you're already a vegan and can't find enough vegan recipes for your Instant Pot? Or you just want to adopt a healthier lifestyle? This cookbook will solve all your problems! Just grab this book and follow the easy steps given to turn your daily meals into real feast. It's not all rabbit food - we selected only the best vegan recipes for Instant Pot, so you can enjoy such meals as Vegan Instant Pot Spinach Pasta, or Delicious Instant Pot Chickpeas Burgers, or Delicious Mushroom Pate, and even Instant Pot Vegan Cheesecake! If you think that you're too busy to cook yourself a healthy meal - we have good news to you! With Instant Pot you can get yourself a nice dinner at no time! Under the cover you'll find: Recipes for breakfast, dinner, soups, snacks, sides and desserts. Cooking time, prep time, list of ingredients accompanies each recipe. Recipes of vegans burgers. Clear and simple directions to follow. Number of servings. Nutrition information per serving. Do you still think you could never eat vegetarian? Grab your copy of this book and adopt your healthier lifestyle today!

## Book Information

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## Customer Reviews

to be honest i got this instant pot from my aunt, not sure how to use it. I found this book and thought to give it a try. the combination of the two is heavenly! amazing recipes, healthy and fast!!!

This is likely a book I will leave in the kitchen for standard utilize, as opposed to return on the rack - I'll use to ensure my cooking times and cooking procedures are right, and furthermore to move thoughts. It's more than tasty formulas, it's a reasonable manual.

An excellent book from which you can learn a lot about the kitchen for vegans. I am interested in the idea of vegan cuisine itself and always wanted to try. In this book, I found many recipes, a wide variety of dishes. The book is big and you can easily choose different recipes for all occasions! Definitely I recommend.

I am a vegetarian and to get vegan recipes that too for instant pot is awesome, I have tried few recipes now and they are really nice and in way to try all the other recipes, the book also has the information for the nutritional value of the recipe which is great. I really liked the book.

I just bought an Instant Pot and I was looking for healthy recipes. This book delivered! The recipes are delicious, and I didn't expect them to be so easy to prepare, so it's a real bonus that they are. The book a formatted well for Kindle readers, too.

I have made several recipes from this book and they have been very good. The sweet potato and cauliflower soup is an easy favorite.

Great product.

Great!

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Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition)

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