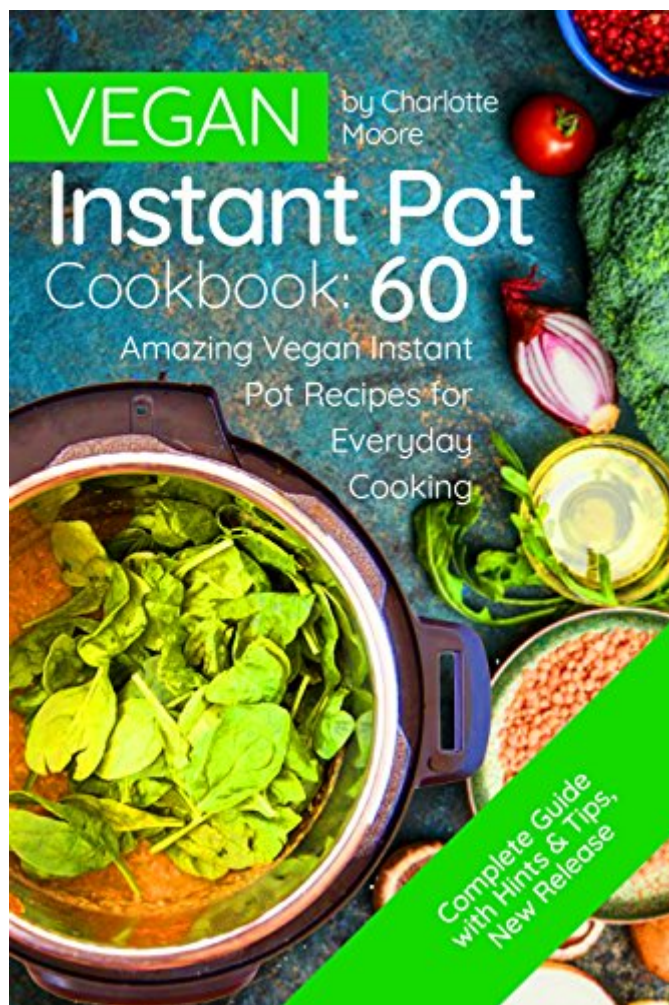


The book was found

# Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes For Everyday Cooking ( Vegan Instant Pot Cookbook For Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook )





## Synopsis

Here You Will Find The Most Popular And Delicious Vegan Instant Pot Recipes That Will Make Your Cooking Much More Interesting! Aside from being kinder to animals and the planet, vegan diet has many health benefits for people. The vegan diet consists of products that contain fewer calories and fat, which means that health will get improved and weight will be normalized. Also, vegetable proteins are much easier to digest and kidneys will thank you for this. The amount of cholesterol is reduced and the probability of a number of serious diseases, like diabetes, coronary heart disease, high blood pressure and some forms of cancer, is decreased. The benefits of vegan diet are obvious even to those, who do not stick to it. As more and more people are transitioning to and leading the vegan lifestyle, finding good recipes that do not include meat, eggs and milk becomes number one issue. This is why we collected tried and true vegan recipes that you can prepare every day, as well as for special occasions. Instructions are very simple to follow and illustrations for each recipe will give you an idea of what a final dish will look like and how to serve it. Moreover, all of these recipes are prepared in an Instant Pot. The Instant Pot will help you make any dishes, from soups and stews to side dishes and desserts without much effort and in very little time. THIS VEGAN INSTANT POT RECIPE BOOK IS THE #1 THING YOU NEED TO ENJOY YOUR COOKING TO THE FULL! This book will show you how diverse the vegan diet can be. Now, you will no longer need to look for new vegan recipes that you can prepare with the help of your Instant Pot. Surprising your loved ones every day with different and tasty dishes will be easier and more interesting for you! Enjoy preparing these simple, quick and most importantly delicious dishes for yourself, your family and friends and stay healthy! Free with Kindle Unlimited! Grab your copy now!

## Book Information

File Size: 2835 KB

Print Length: 83 pages

Publication Date: July 24, 2017

Sold by: Æ Digital Services LLC

Language: English

ASIN: B0747K7XSK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #37,363 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2

in Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Gardening & Horticulture >

Landscape #9 in Kindle Store > Crafts, Hobbies & Home > Gardening & Landscape Design >

Landscape #15 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) >

Crafts, Hobbies & Home

## Customer Reviews

Five stars? Is that all I can give? Really, this book deserves so much more. The techniques provided on these pages, as well as the suggestion it gathered, are worth far more than five stars and I would consider this book to be a great bargain at twice the price. Keep up the excellent work, Charlotte Moore. Highly recommended.

I love this cookbook everything is creative and delicious. I have tried many of the recipes in this book and my family and I have actually enjoyed all of them. Thanks

Wow, this book has great Vegan recipes I love the taste of winter vegetable stew, white bean stew, vegetable stew with mushroom and tasty corned vegetables I will try to cook another menu on weekend. Super like!

Going Vegan is the healthiest thing out there! With these recipes your lunch and dinner becomes delicious. I like the diversity. Thanks

I love cooking by means of instant pot. Dishes cooked there are always very tasty and have health benefits. I have found very interesting book with quick, easy, tasty compositions to follow. Vegan diet is very useful for health, and this book is a perfect choice for me. Vegan instant pot recipes represented there will help you live long healthy and happy life. Strongly recommended.

This is an embarrassingly large selection of vegan instant pot cooker recipes to choose from. Most are naturally or wholly vegan while others have vegan options or can be made vegan by removing one non-essential ingredient (cheese or yogurt). These instant pot recipes are perfect for those who are looking for foods during their inconvenient moments. It will not just satisfy their tummy, but will

definitely bring comfort to them.

Mostly in our family are vegetarian so when I got this book from my best friend I was really grateful and happy. I'm excited to try new recipes to prepare for my family. We all love being healthy and until now we keep on making our own version or recipes. This book is packed of great and healthy recipes. Thanks to the author. Will definitely try all the recipes here soon.

I haven't tried any of the recipes yet, my instant pot is still enroute, but many of the recipes use ingredients I already have. Looking forward to trying it out. (One recipe asked for bacon---oops, mostly vegan book.)

[Download to continue reading...](#)

Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook ) Instant Pot: The AMAZING Pocket Cookbook for Instant Pot Cooking (1,500 Bonus Recipes! Instant Pot, Instant Pot Recipes, Instant Pot Cookbook, Pressure Cooker Recipes, Pressure Cooker Cookbook) Instant Pot Cookbook: Top 10 Electric Pressure Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes) The Ultimate Pressure Cooker Cookbook: Ingenious & Delicious Meals All In One Cooker (Instant Pot, Instant Pot Slow Cooker, Pressure Cooker Cookbook, Electric Pressure Cooker, Instant Pot For Two) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster

(Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker 5) Instant Pot Cookbook: 101 Healthy and Easy Instant Pot Recipes For Your Pressure Cooker (Instant Pot Cookbook, Pressure Cooker Recipes Book, Vegan Instant Pot Cookbook) Pressure Cooker: 500 Days of Pressure Cooker Recipes (Fast Cooker, Slow Cooking, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Clean Eating, Healthy Diet) Instant Pot Cookbook: Healthy and Tasty Vegan Instant Pot Recipes for Electric Pressure Cooker! (Instant Pot Recipes - Instant Pot® Electric Pressure Cooker) Instant Pot Cookbook: Quick And Very Easy Electric Pressure Cooker Recipes For Every Taste (Instant Pot Recipes, Instant Pot Electric, Pressure Cooker, Slow Cooker Book 1) Instant Pot Cookbook: The Quick and Easy Pressure Cooker Guide and The Best Collection Of Delicious Instant Pot Recipes(slow cooker cookbook, crock pot recipes,Electric Pressure Cooker cookbook) Instant Pot: 365 Days of Instant Pot Recipes (Fast and Slow, Slow Cooking, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Snack, Healthy Slow Cooker Dinner) Instant Pot Electric Pressure Cookbook: Incredibly Easy & Healthy Mouthwatering Instant Pot Recipes For Quick Scrumptious Meals (Instant Pot, Instant Pot Cookbook, Electric Pressure Cooker, Paleo) Power Pressure Cooker XL Cookbook: The Quick And Easy Pressure Cooker Cookbook ~ Simple, Quick And Healthy Electric Pressure Cooker Recipes (Electric Pressure Cooker Cookbook) Power Pressure Cooker XL Cookbook: The Quick And Easy Pressure Cooker Cookbook ~ Simple, Quick And Healthy Electric Pressure Cooker Recipes (Electric Pressure Cooker Cookbook) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)