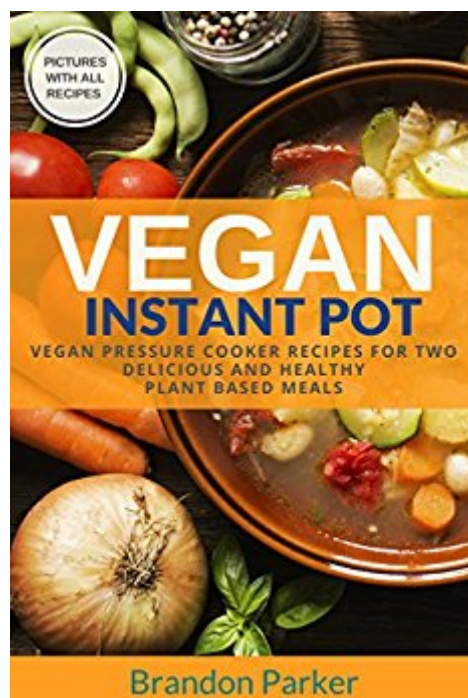




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# Vegan Instant Pot Cookbook: Vegan Pressure Cooker Recipes For Two - Delicious And Healthy Plant Based Meals (Vegan Instant Pot Recipes Book 3)



## Synopsis

Would you like to create quick and delicious Vegan Instant Pot Recipes for Two? Do you enjoy cooking but dislike leftovers? Would you like to recharge your body with healthy and nutrient rich vegan dishes without spending all day cooking? If yes, then this book might be a perfect choice for you! There's no need to fear vegan dishes! Some people dislike the notion of subscribing to a plant-based diet because they mistakenly believe that vegan food is bland, expensive, or too complicated to make. There's no truth to these at all, as evidenced by the 60+ recipes in this book: "Vegan Instant Pot Cookbook: Vegan Pressure Cooker Recipes for Two Delicious and Healthy Plant Based Meals." This book contains recipes that are easy to make, with ingredients that are commonly found in most grocery stores. This means that you can cook tasty vegan meals even if you have limited budget or culinary skills. Unlike some vegan options that are highly dependent on overly processed ingredients (e.g. mock meat, tofu burgers, etc.) this book uses only a combination of fresh and dried ingredients, while using a few processed items (e.g. non-dairy milk or cheese) as sparingly as possible. Recipes within are all crafted for at least 2 servings, that you can use for breakfast, lunch, and dinner. There are also several dessert options that can be converted into quick snacks. These recipes were taken from some of the most traditional recipes worldwide and then converted into vegan-safe options: from Korea's patbingsu, to Spain's paella, to Ukraine's borscht --- and everything else in between. This book also contains tips on how to store leftovers, and how to adapt recipes to personal taste by using local or seasonal ingredients. There are also tips on how to recycle kitchen scraps, and how to process fresh produce without the need for complicated or expensive kitchen gadgets. There are also valuable tips on how to cook beans and grains with minimal effort or fuss.

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:

- Basics for cooking for two
- Easy one pot meals
- Delicious soups
- Grains recipes
- Beans, lentils and pulses recipes
- Tasty breakfast recipes
- Main dishes recipes
- Mouthwatering deserts and sweets
- Nutritious broths 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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Weight Loss > Diets > Vegan

## Customer Reviews

Excellent cookbook for anyone who has an instant pot, and is either vegan already, or wants to incorporate more vegan meals into their diet. First of all, the instant pot crock pot is a great way to save you work and time in the kitchen. You basically fill it up, set it and forget it until the timer goes off. This book is geared toward a specific instant pot, which is mentioned in the book. It is the 6 quart versions. This is also a book which helps you create meals easily for two people, specifically. So that is something to keep in mind. The recipes in this book are fantastically delicious, and relatively easy to prepare and cook. The recipes are divided by categories, for example, breakfast, main course, desserts, broths, soups etc. There are a ton to choose from, and they all sound amazing. I personally like that there are so many different wantons and rice-type dishes. There are also many broths and soups to choose from, and some pretty good vegan substitutes for traditionally meaty dishes or ones that usually have dairy in them. As a vegan, it is reassuring to know that all of these recipes are suitable for me to eat. Glad I picked this one up!

I don't have any doubt to say this cookbook is one of my best reads about vegan instant pot recipe. Last week I grabbed this cookbook for the purpose of learning some quick & easy

vegan recipe, especially instant pot pressure cooker recipe. By hearing my interest, one of my elder cousins told me about this cookbook & suggested me to read it entirely. I just followed his suggestion and honestly all these recipes that what I learned from here were so delicious. Both author of this book has done a great job and described most of these recipes so clearly with all detailed cooking instruction. For each recipe, I got step by step cooking procedures, tips and nutrition value info for each ingredient. So guys, if you are looking for a perfect cookbook to learn vegan recipe then I would like to refer this cookbook to you. Now I am looking forward to read more books written by this both author.

the kids will be away for vacation leaving me and my husband alone in the house. guess this is the perfect time to pamper him. luckily, i saw this related cookbook for two while i was in search for good instant pot device to replace my old one. reading the recipes is like being immersed in a good story. can't wait to prepare them as they look satisfying enough! plus, supplemental info on how store leftovers properly.

An excellent book from which you can learn a lot about the kitchen for vegans. 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. This book is formatted well for Kindle readers, too. It's got user information yips and a wealth of amazing, reliable recipes. Highly recommended!

If you are vegan, you are going to want this book. All meals including breakfast, lunch and dinner are covered in here. This is going to be a lasting reference for a long time.

This is a wonderful collection of plant based recipes that you can prepare easily. This book has basically shown me the numerous amazing benefits and usefulness of owning and using the instant pot. Vegan instant pot recipes represented there will help you live long healthy and happy life. Strongly recommended.

I liked most of the recipes in this book because it looks delicious and healthy as well. The photos attached really looked great and well presented. The content are organized and in details. It looks easy to make too as it consist mostly of vegetables. Recommendable cook book.

The author did a great job by combining so useful information in this book. Benefits of using the

instant pot pressure cooker and introduction to veganism and benefits of going vegan. In this book so many new informations . Ingredient list and instructions are very clear. so many delicious greens ideas and healthy sweet tooth desserts too. So guys, if you like the halthy delicious food, so I recomended to buy this book!

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