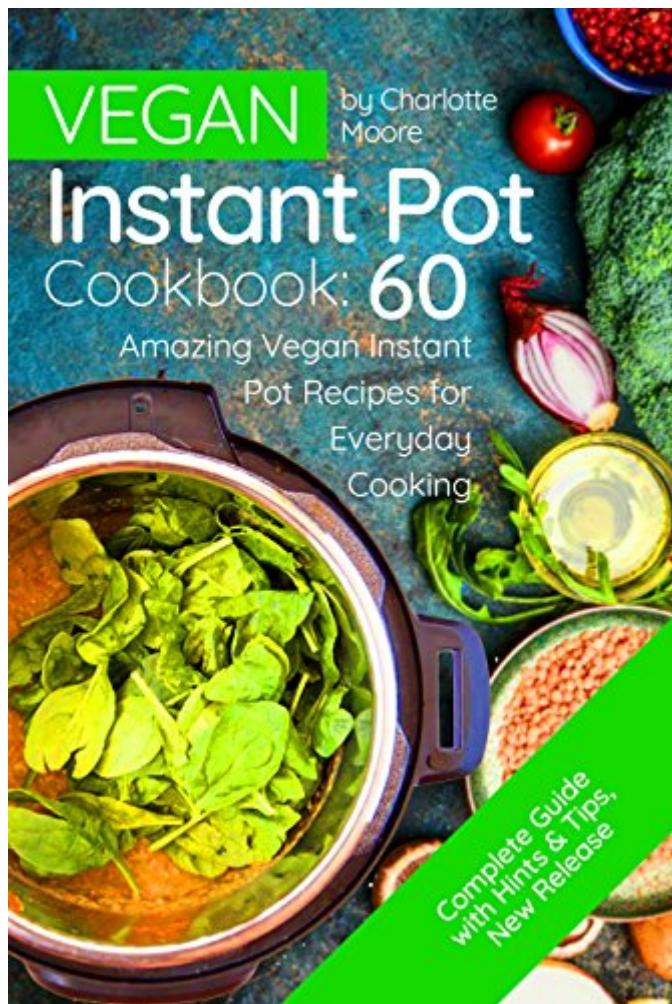


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# **Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes For Everyday Cooking ( Vegan Instant Pot Cookbook For Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook )**





## 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

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## **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.)

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