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# Epic Vegan Instant Pot Cooking: Simple Oil-Free Instant Pot Vegan Recipes For Lazy F@cks



## Synopsis

30 epic vegan oil-free everyday recipes that you will ACTUALLY use for your electric pressure cooker. Spend more time doing the things you love while making home made food for you and your family that you actually know what is going in to it. Includes a 7 day Instant Pot challenge, cooking charts and all the information you will need to get started cooking with your Instant Pot or electric pressure cooker today. One recipe photo for each and every recipe.

## Book Information

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## Customer Reviews

Amazing! Just absolutely amazing! I am totally in love with the recipes! Made 3 back to back yesterday! Will be making so many more! I need to buy peppers and cauliflower for some.

This book is everything I hoped for! Simple, delicious, high-carb low-fat, vegan recipes! I have been vegan for 5 months now and Hannah and Derek are my favorite inspiration! Everything I have ever made from any of their recipes tastes amazing and they make it so simple! Love my instant pot too! I used to use my slow cooker for easy recipes but now I can have slow cooker flavor in under 30 minutes! Simple ingredients too! I just love this book! Thank you Hannah and Derek! You guys are truly wonderful people ãã

Apparently the authors don't like to spend any more time producing a useful book than they do cooking. This is a huge oversized book with just a few pages since it includes only a few recipes (30) so it is awkward and flimsy. It is an even bigger pain to store. The recipes are simple with short

ingredient lists, but few ingredients often signals boring food with little flavor. Several of the recipes are repetitive. How many rice, potatoes, pasta, & oatmeal variations do you really need? The author even counts plain rice and potatoes as "recipes". You read that correctly -- rice and water for one recipe, just potatoes for another recipe (steamed potatoes) but you can step it up by throwing in a little onion powder, garlic powder, & seasoning per the smashed potato recipe. Consider also that these 3 recipes comprise 10% of the included recipes. I would like to have seen something more useful like creative and unusual one pot meals. This book falls short on everything except the high price. It is hard to believe anyone would be willing to pay close to \$20 for bland when I can pay zero for a multitude of more flavorful easy recipes published free on the internet. That is why I spent the time to write this review. If someone else had provided this information prior to my purchase, I would have saved myself the trouble of purchasing and returning the book. Check out the Pinterest app -- just this one source offers so many more unusual vegan instant pot recipes. If you must have a paper book, then I highly recommend "The Ultimate Vegan Cookbook for your Instant Pot" by Kathy Hester. It is well organized and colorful with a variety of simple, flavorful recipes -- sauces, stocks, spice blends, nondairy cheese products, chutney, one pot meals, vegetables (like smoky pecan brussels sprouts), dumplings, queso, curries, soups, desserts, etc. It also includes grain, bean, & legume cooking charts.

Just to be clear, you need need an instant pot for the recipes in this cook book. The recipes are specifically written for the instant pot. I am almost done trying all the recipes and I haven't found a bad one yet. I found the instructions to be well-written and the recipes use mostly what I consider to be common ingredients. That is the issue I have with some cook books. everything looks good on the paper but it practice some things you just don't keep on hand on a regular bases. I didn't have that problem with this book.

This book is f@cking awesome! I am new to the Instant Pot, literally purchased it because of Hannah & Derek's videos. This book does all the thinking for you which for me I love as I basically don't like dealing with gadgets. They walk you through things in such a straightforward method that even un-mechanically inclined people like me can do it. The recipes are great if you are trying to live a healthier lifestyle and since I've been eating this way for a while this book and the Instant Pot have literally made my life EASIER! I've only tried a few of the recipes in the book so far however I follow Hannah on you tube and have made many of her recipes without the Instant Pot and she hasn't failed me yet!!! I like her style of cooking as she doesn't use oil in her recipes so having a cookbook

that already offers recipes in that forum is great! I hope she will make another Instant Pot cookbook in the future!!

At first I was surprised at how thin this book was and that it may have very little to offer, but then I took a good look at it and realized the content was perfect, as were the recipes. Everything is simple and laid out for you and to the point. And I adore this young couple. I follow them on YouTube and I love how they're living their lives. I'll definitely continue to support their "lazy" lifestyle as I strive to reach the same goals as them. But make no mistake about it, they're not lazy. They're just enjoying life to the fullest.

I'm a devoted Instant Pot user, so wanted very much to love this cookbook written specifically for the IP. I am not bothered by the foul language, though I do wonder why some modern cookbook authors find that to be interesting, but I do mind that the book has very few recipes for the relatively high cover price -- some of them for very simple things like oatmeal -- and that several of them did not work at all for me (the Bomb.com Corn Chowdahh was particularly bad.) I haven't tried all the recipes, though, and I know others who have had success with this book. My experiences with the book did not inspire confidence.

So far, I have made three of the recipes in this book. Each one has been wonderful. Although the claim that the "No Fart Three Bean Soup" would not produce any, is not factual. We were rather self propelled after eating that one! Looking forward to cooking the rest of the recipes in this book! Thanks for making the scary prospect of using the iPot easy!

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