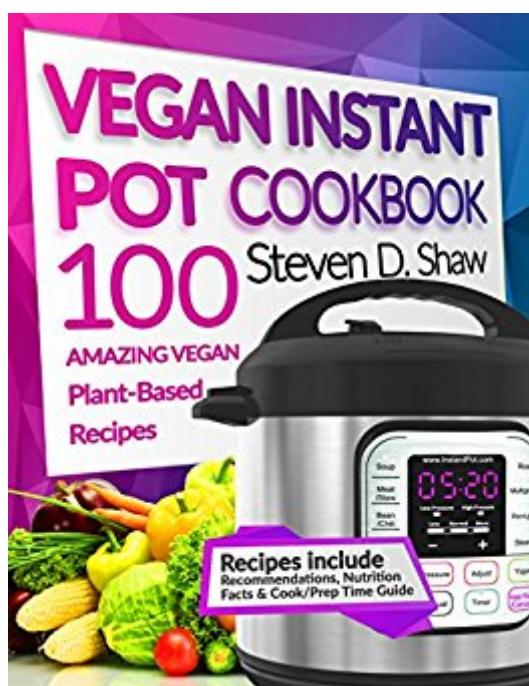


The book was found

Vegan Instant Pot Cookbook: 100 Amazing Vegan Plant-Based Recipes



Synopsis

Do you want to change the way you eat? Do you want to adopt a healthier lifestyle? Do you want to become happier than you've ever been? Are you willing to transform into a new person? Then, you are definitely in the right spot! Get ready to discover some of the most healthy and nutritious recipes ever developed: vegan ones! Wait!! There's more! All the special vegan recipes you are about to discover are made using one of the coolest kitchen appliance on these days! They are all prepared in an instant pot! Once you decide to go vegan, the only thing you need is this cookbook: "The Best 100 Vegan Instant Pot Recipes". It will show you 100 wonderful vegan recipes made in the easiest way possible! 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. Clear and easy to follow directions. Number of servings. Nutrition information. Grab your copy of this book and adopt your healthier lifestyle today!

Book Information

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Customer Reviews

By far the best cookbook I've read on the vegan cuisine. The author knows what he's talking about, and I've got to try these recipes at home! So inspiring and easy to follow, whether you're interested

in pursuing a vegan food lifestyle or not. I am not a vegan but the recipes in this book are great for hot summer days, that's for sure. Beautiful recipe book for vegan eaters!

Many Vegan POT Cookbook recipes. Easy to follow recipes and easy to make. The Pot on the front cover is what I have, so it seems this cookbook is a marriage made in heaven with my Pot. I have tried 9 recipes and have 91 recipes to go. Healthy diet here I come. Enjoying very much.

Full of typographical errors and grammar errors end it was like nobody proof read this cookbook it was not usable for me but it's too expensive to send back I would only get a refund of about \$3.

Nice recipes and instructions

I don't have this book so how can i review it.

Nice little book. It came fast. It gave me some really great ideas.

New to vegan this helps alot

I became vegan seven months ago and I love it. I was looking for more options - easy options for me and my family (who aren't vegan). I was very hesitant to buy this cookbook because I am allergic to nuts. To make things worse, I am also allergic to coconut. Everyone knows that vegans use coconuts and nuts obsessively. So, I figured I would spend \$10 to see if this book had at least one recipe for me. Wow!!! Was I pleasantly surprised!!! This book is amazing!! There are many, many options for me to choose. In fact, I think there were only about 4 recipes that called for nuts. There are recipes that use coconut milk but I have substituted that for soy milk and it has been fine. I have made so many dishes and my families loves them!! Funny thing is that I had a pressure cooker but had only used it once and felt like it was a waste of money. But not anymore!! I make a recipe from this book about every other day. The recipes are quick and easy. That 's the way I like it and they food tastes amazing!! I strongly recommend this book.

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