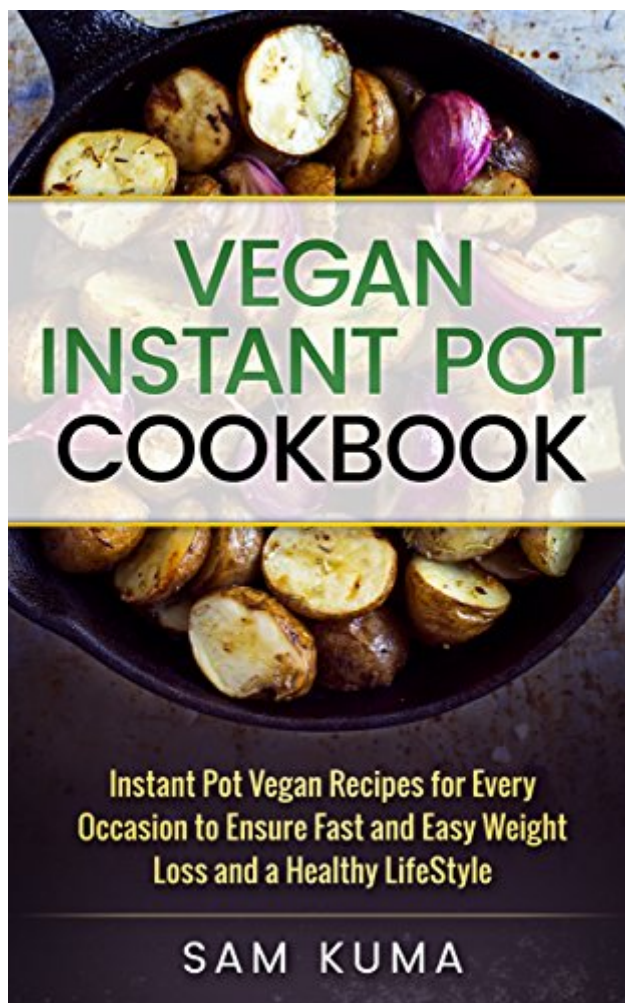


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# Vegan For Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet Of Delicious, Healthy Instant Pot Vegan Recipes For Every Occasion To Ensure Weight ... Plant-Based Vegan Cookbook For Beginners 1)





## Synopsis

Are you a vegan who's tired of boring tasteless meals that take forever to cook? Or just something looking to eat healthier? Then read below. This cookbook is the ultimate solution. You needn't have to spend hours together if you want to prepare a delicious meal. The Instant Pot is a wonderful appliance. Once you get started, it will be your go-to appliance. Wouldn't it be wonderful if you could just throw all the ingredients into the Instant Pot and let it cook itself? You can put all the ingredients into the pot, program it to start cooking at a certain time, and then you can let the appliance do the rest of the work. A fresh, hot, healthy, and nutritious meal awaits you as soon as you reach home. After a long day at work, this would be quite a welcome change. There are multiple benefits of making use of an Instant Pot. It is healthier than any other cooking method. Instant Pot makes use of pressurized steam for cooking. The tightly sealed container also prevents any of the nutrients from slipping through. It is easy to operate and clean as well. It is a good investment and quite a helpful kitchen buddy. You can also cook food in batches, freeze them, and then simply heat it up later, and voila. You can now eat a delicious vegan meal. You will simply need to gather all the necessary ingredients, dunk them into the Instant Pot, change or select the most appropriate setting, and sit back and relax. You needn't toil in the kitchen to cook a good meal. You can now concentrate on other chores. All that you will need to do is simply plan and stock up on all the necessary ingredients. Cooking vegan food will not feel like a huge ordeal and you will start enjoying it as well. What's Included in This Book: Instant Pot Vegan Breakfast Recipes Instant Pot Vegan Soups and Salads Instant Pot Vegan Desserts Instant Pot Vegan Lunch and Dinner Scroll up and download now.

## Book Information

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## Customer Reviews

If you have an instant pot and are looking for recipes that are delicious and vegan (even if you aren't a vegan I highly suggest some of these recipes) These recipes are simple to follow with the ingredient list all written out, plus with step by step instructions it's really really hard to mess them up. From Peaches and Cream Steel Oats to Maple Pumpkin Spice Lattes. There's recipes for everyone. I did receive this ebook at a discounted price for my honest review and I am so so happy with it.

If you're thinking about becoming vegan or considering it, this a great beginner cookbook. Even if you're not vegan but still want easy and healthy meals, it's a good start. Instructions are easy to follow, prep time is minimal assuming you have all ingredients on hand. Don't be afraid to tweak the recipes, especially if you're just starting out. We all having different taste preferences. The ebook contains 15 breakfast recipes, 7 soup recipes, 1 stew recipe, 1 chili recipe, 6 salad recipes, 9 snack/appetizer recipes, 18 main course recipes, and 11 desert recipes. Overall, there are a decent amount of recipes for beginners and you can't go wrong with the price.

now I can cook vegan meals in my pot cooker!this makes things so much faster and easier for me now that I got this bookthe recipes are tasty and not a lot of work for me at all.love it :)

I have not yet made any if the recipes yet but I am definitely looking forward to doing so when my vegan friend comes over. With the easy to follow recipes, I'm sure what I decide to make will turn out great.

Tried 2 recipes. The first one barely edible, the second was a total disaster. Both were tasteless and boring.

The recipes, ingredients and directions are incomplete. The pages jump and many are missing, for example the book goes from pg 601 to 618, what happened to the pages in between? Not sure if any of the recipes are good, since most of them are incomplete.

I was admittedly a little uncertain when I picked up a copy of this cookbook. I am not vegan, nor do I have much experience. At the same time, I'm very interested in healthier eating and especially recipes that are easy. This cookbook is well structured with a great Table of Contents breakdown. There is also a portion devoted to the explanation of why instant cookers are a major advantage in the kitchen, which has convinced me to look into one myself. This was something else I wasn't sure about, but now I see there are great options for instant pots! More than anything, this book does a great job of compiling tasty recipes in an easy to follow format. Anyone looking for healthy recipes knows how difficult it is to find some that are actually good. Never mind trying to find something more specific like vegan recipes. So what all does this cookbook include? Prep time and total time, along with a serving estimation, ingredients, and easy to follow instructions; a vast selection of breakfast, soup and chili, snack, and dinner recipes (along with others); healthy suggestions and tips; and much more!

I recently purchased an Instant Pot, and have used it a few times, but I was a little discouraged at first because the recipes that came with it were pretty limited in terms of their vegan-ness. This E-book has 68 vegan recipes that are easy and delicious! So anyone, regardless of being vegan or not can follow the instructions to create these meals and they will enjoy them as much as I did. I'm a busy professional who works 120+ hours a week, so I need quick, easy & nutritious meals made with fresh ingredients. This e-book made that a reality for me. Chapter 1 has 15 vegan breakfast recipes. My favorite was the Pumpkin Apple Butter. I always wanted to make apple butter and I never knew how. This was way too easy and everyone loved it. Chapter 2 has 9 stew, soup & chili recipes. My favorite there was the Butternut Squash Curry Soup (see attached photo). Wow! So good and it made 6 servings so I was able to share it with all my friends at work - who LOVED it and didn't even realize it was VEGAN! Chapter 3 had 6 vegan salad recipes, my favorite being the International Quinoa Salad. Chapter 4 included 9 snack & appetizer recipes. You HAVE to try the vegan queso dip. It will be the hit of any party, trust me! Chapter 5 included 18 vegan main course recipes. The Zucchini and Tomato Melange was something I had never created before so that was a pleasure to make. Chapter 6 included 11 vegan dessert recipes. Everyone loved the Berry Compote. Yum. The other great thing about this book is that it is an E-Book, so no trees have to be

sacrificed for me to enjoy it (because it's not printed on paper) and I can have the recipe at the palm of my hand while I'm shopping at the store for my ingredients (because it's on my phone via the e-reader app!). I also enjoyed trying the different cooking modes available on the Instant Pot that I had never used before, such as "Sautee" or "Soup," etc. Highly Recommend! I did get this for free in exchange for my honest opinion.

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