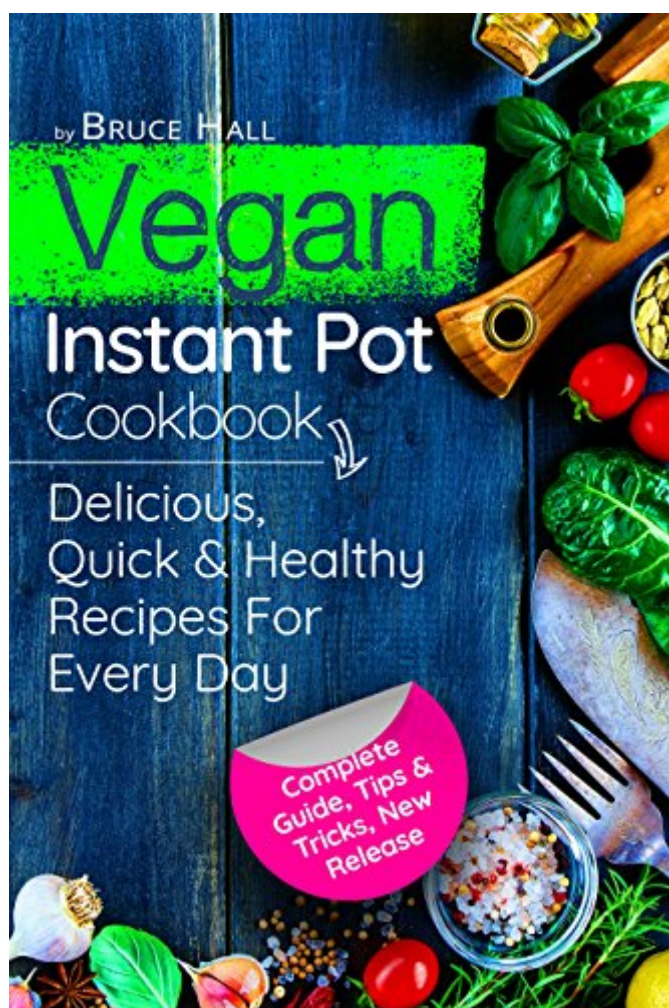


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# Vegan Instant Pot Cookbook: Delicious, Quick And Healthy Recipes For Every Day: Complete Guide, Tips & Tricks, New Release



## Synopsis

This book is made especially for Instant Pot lovers, whether you are new to it or have been using it for quite a while. It provides amazing vegan recipes that will leave you and your loved ones satisfied for many days. News of the magic of the instant pot has spread around the world and we won't be surprised if this is not the first time you are hearing about this amazing new kitchen helper. Our vegan recipes have been carefully selected to ensure that you get the best of nourishment and tasty goodness without having to worry about your health. This book has been divided into sections consisting; burgers, patties and savory cakes; soups; desserts and vegetables and the recipes have proven to leave a smile on the faces of those who attempt them for the first time. The recipes travel across many regions and continents of the world including Asia, America, Africa and Europe. Wherever you are from, you are sure to enjoy these recipes and pick many of them as your favorites. Cooking has never been so easy! The effectiveness and efficiency of the instant pot combined with the delicious goodness of these recipes made an incredible combination. In this book, you learn about the name of the recipes, the ingredients, the methods of preparation and direction, and you also get our professional opinion on them. Directions on how to use the instant pot are also given to ensure that you have a smooth first experience. So why not go ahead and try one of these recipes a day? Enjoy!

## Book Information

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## Customer Reviews

If you plan to explore and benefit from the vegan diet, this instant pot cookbook guide is for you. This book is recommended to me by my sister because I am a vegan and I like cooking. I liked this cookbook very much. In this book you can find a lot of delicious vegan recipes. All the recipes and health solutions are very healthy, useful and well written. All instructions are very detailed and helpful. I recommend this book those who want to learn how to cook delicious non-meat meals and who want to be fit and healthy.

Superb cookbook full of recipes that all vegans will love! And although I'm not personally a vegan, there's delicious recipes here for me too, which are all very well described and easy to follow. I found the author's extra opinions and recommendations sections for each recipe to be most helpful, like having a professional chef with you to give their expert opinion on how to tailor each recipe to your own taste. Many great meals to come from this book - 5 Stars!

A new instant pot cookbook in my collection and another great purchase! I go vegan every summer opting for lighter meals on my way to reach perfect shape for beach holidays. And these recipes have been working so good for me so far. There are plenty of options so you never get bored. I'd love to see some pics though, but overall it's a pretty decent cookbook with a nice personal touch coming with each recipe

A great selection of recipes. I tried around five of them so far and they all turned out to be both healthy and tasty. I recommend this author.

I really liked this book of recipes. It contains amazing recipes for everyone. Therefore, I advise everyone to read it, you will like it, I'm sure.

Such amazing recipes!! Can't wait to try them out. I would highly recommend this book to everyone. Vegan or not!

Such astonishing formulas!! Can hardly wait to give them a shot. I would exceptionally prescribe this book to everybody.

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