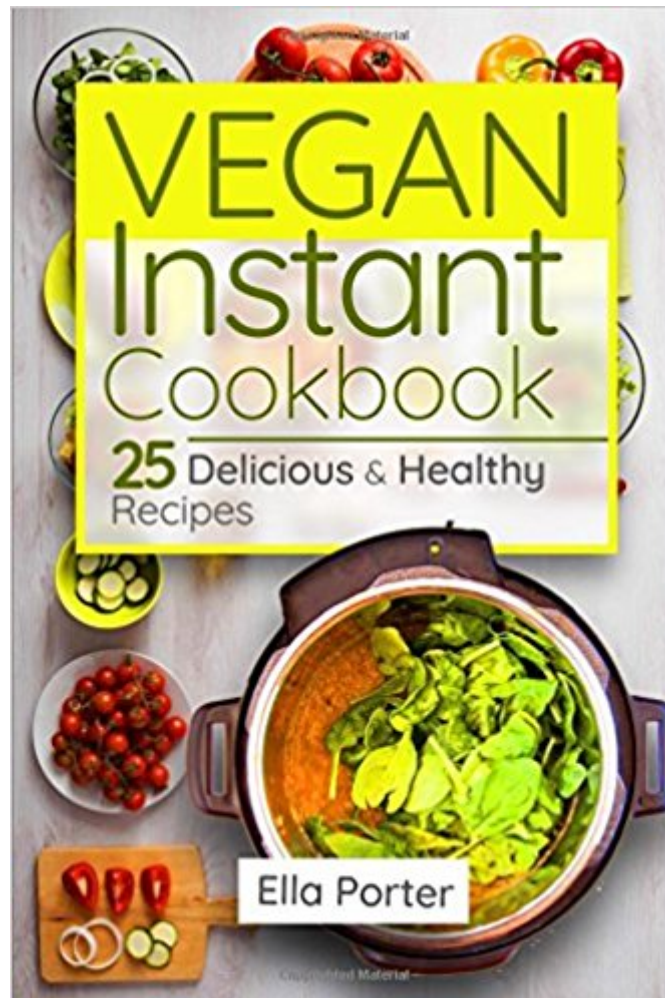




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VEGAN INSTANT COOKBOOK: 25 Delicious & Healthy Recipes



Synopsis

Do you want to adopt healthier meal? Do you want to become a vegan? Then, you are in the right place! Get ready to make nutritious and healthy recipes ever create: vegan ones! Wait! There is more! All the vegan recipes in this book are made using one of the popular and coolest kitchen appliances on these days! They are all made in an instant pot! This book contains 25 healthy and nutritious vegan recipes and all recipes are made in instant pot. Under the book you will find:

- 25 vegan recipes
- Vegan diet benefits
- What is an instant pot?
- Instant Pot benefits
- Function of Instant Pot
- Total Cooking time
- Total number of servings
- Ingredients list for recipes
- Easy and clear cooking directions
- Nutrition information for each recipe

So what are you waiting just grab your copy and adopt healthier vegan lifestyle!

Book Information

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Customer Reviews

This book is one of the best purchase for anyone who want to know more about becoming vegan. These recipes are quick and easy, all vegan and brilliant. I hope I have enough time to try all those tasty recipes. I strongly recommend this book.

Recipes are really instant, easy to prepare. Instructions are plain and simple. Anyone with or without proper knowledge in the kitchen can easily follow through. The recipes are okay. I like most of them!

Fabulous. I'm not really a genuine veggie lover - but rather I have made and delighted in huge numbers of the recipes in this book. I am amazed to read Vegan diet benefits. I made Creamy breakfast porridge, it's light, great and fresh. I will attempt all the more soon. Elegantly composed, simple to take after headings. A keeper, for sure.

Mmm.. this is my love! Really healthy and easy to cook recipes. I am a vegetarian and sometimes I am lacking tasty vegetarian recipes. But now this cookbook is my best friend at the kitchen!

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