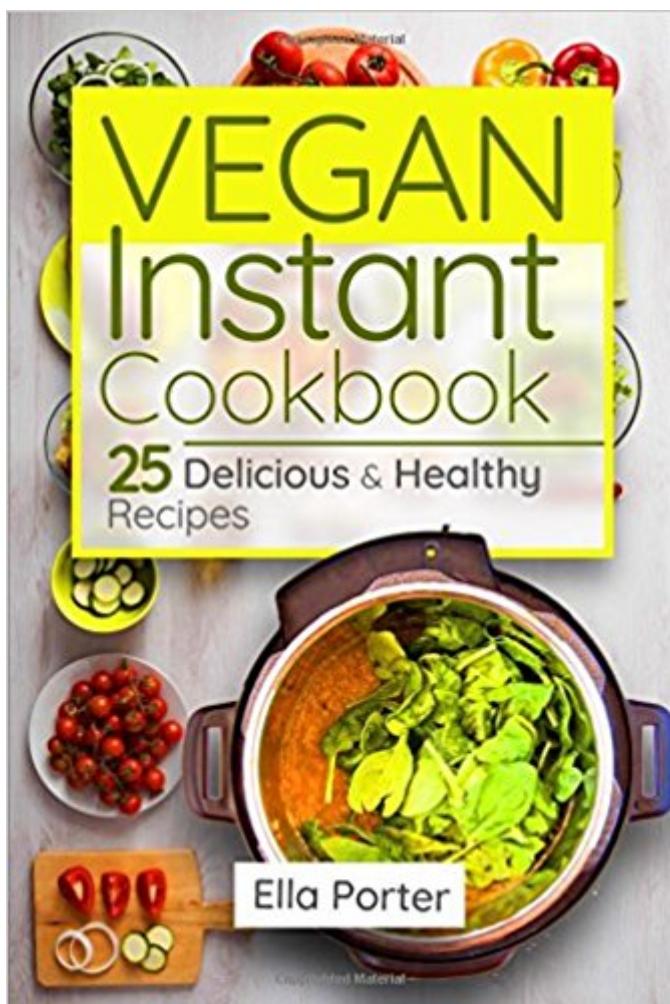


The book was found

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

Series: CookBook (Book 2)

Paperback: 47 pages

Publisher: Independently published (June 28, 2017)

Language: English

ISBN-10: 1521704856

ISBN-13: 978-1521704851

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 4.3 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #841,973 in Books (See Top 100 in Books) #62 in Books > Cookbooks, Food & Wine > Regional & International > Canadian #1824 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan #2683 in Books > Cookbooks, Food & Wine > Kitchen Appliances

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!

[Download to continue reading...](#)

The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) 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) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Instant Pot Cookbook: 101 Healthy and Easy Instant Pot Recipes For Your Pressure Cooker (Instant Pot Cookbook, Pressure Cooker Recipes Book, Vegan Instant Pot Cookbook) Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster (Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker 5) Instant Pot Cookbook: Top 10 Electric Pressure Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes) Instant Pot: The AMAZING Pocket Cookbook for Instant Pot Cooking (1,500 Bonus Recipes! Instant Pot,

Instant Pot Recipes, Instant Pot Cookbook, Pressure Cooker Recipes, Pressure Cooker Cookbook) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan Instant Pot Cookbook: Vegan Pressure Cooker Recipes for Two - Delicious and Healthy Plant Based Meals (Vegan Instant Pot Recipes Book 3) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Instant Pot Vegan Cookbook: 100 Instant Pot Vegan Recipes with Pictures and Nutrition Facts for Every Recipe; Fast and Easy Vegan Instant Pot Recipes for Health and Weight Loss Instant Pot Cookbook: Healthy and Tasty Vegan Instant Pot Recipes for Electric Pressure Cooker! (Instant Pot Recipes - Instant Pot® Electric Pressure Cooker) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Instant Pot Recipes: Top Delicious 501 Healthy Instant Pot Recipes for Your HEALTHY FAMILY. (Instant Pot Cookbook, Electric Pressure Cooker Cookbook).

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)