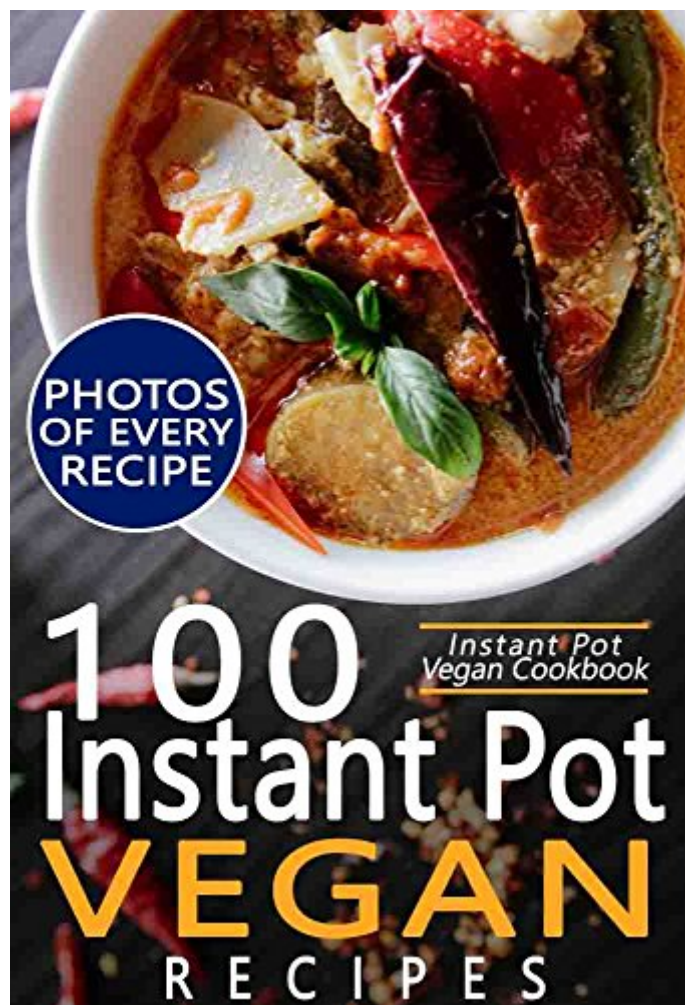


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# Instant Pot Vegan Cookbook: 100 Instant Pot Vegan Recipes With Pictures And Nutrition Facts For Every Recipe; Fast And Easy Vegan Instant Pot Recipes For Health And Weight Loss





## Synopsis

Kindle MatchBook: The Kindle edition is FREE when you buy the paperback edition today! 100 of the very best vegan recipes for the Instant Pot with photos, serving size, and nutrition facts for every recipe! Some of the biggest authorities on nutrition, longevity, weight loss, and health have stated that eating a vegan diet is among the most effective ways to not only lose weight, but more importantly, to optimize your health and longevity! But hundreds of thousands of vegans around the world didn't need the experts to tell them that. They already know how effective eating fresh, fun, and ethical vegan meals can be because they have been enjoying this lifestyle for years! Every single recipe is 100% vegan and created specifically for your Instant Pot! The Instant Pot has been a true game-changer for smart and busy people who don't always have the time to cook elaborate meals at home, but also don't want to sacrifice their health. Using the Instant Pot makes it easy to eat amazing vegan meals at home with your family every single night. Food isn't meant to be bland and boring any more than it is meant to involve harming innocent animals. Food is meant to be a nutritious and ethical source of life that is best enjoyed and savored at home with the people you care about most, and no appliance makes healthy home cooking easier than the Instant Pot! There is no need to slave away in the kitchen for hours every night. This collection of 100 vegan recipes are all fast and easy to make, but look and taste like world-class meals made by a 5-star vegan chef! 100 vegan Instant Pot recipes so you can truly have it all! Eating fresh vegan meals cooked with an Instant Pot does not mean you are on a boring, bland, starvation diet. Eating bland and weird food might be one way to be a vegan, but that is not what the Instant Pot is all about! Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Grab these 100 amazing vegan Instant Pot recipes now and learn the many delicious possibilities you could have for breakfast, lunch, and dinner today and every day for months to come! Cooking healthy and delicious vegan meals at home with your Instant Pot can be easy and fun, but only when you know the right recipes! For less than the cost of visiting a disgusting fast food restaurant, you can get your hands on months of Instant Pot vegan recipes, all with complete nutritional information, serving sizes, and pictures in this Instant Pot vegan cookbook. Every single recipe is easy to make, uses only ethical vegan ingredients, and is so healthy and delicious you will be proud to serve these meals to your family and friends over and over again! Mouth-watering vegan meals you can serve to your family and friends with pride! Healthy eating guru and vegan Julieta Joven has assembled a massive collection of award winning Instant Pot vegan recipes that are among the best you will ever taste. These recipes are second to none when it comes to promoting optimal health and rapid fat loss, but

they taste so good you'll never feel like you're giving up anything! Not only that, you can feel good about eating these meals because they contain only ethical vegan ingredients. Say YES to 100 vegan Instant Pot recipes and a healthier and thinner you! Grab this cookbook today and discover why cooking fresh and healthy vegan meals with the Instant Pot is becoming so popular. Don't take a pass on these amazing vegan recipes that your family will love and that will make you feel thinner and better than you have in years!

## Book Information

File Size: 1998 KB

Print Length: 200 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 12, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B06VVBVMLD

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #361,052 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3

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Vegan & Vegetarian

## Customer Reviews

So far I am really enjoying this cookbook. First the good points: The recipes are completely vegan as promised. I can't tell you how often I have purchased a cookbook that is supposedly vegan only to find that it includes some ingredients that come from animals. This is a real flashpoint for certain family members who are committed vegans, so it is great that every recipe in this cookbook is actually vegan. Another thing I love about this cookbook is the presentation. Every recipe has a big photo and the formatting is professional and makes it easy to flip through the book, looking at the pictures and checking out the nutrition info, number of servings, etc. The book contains 100 recipes

which is a lot of recipes and another thing I really like about this book. I've only made about 20 of them so far and I have been quite impressed by the quality. The meals I've made have ranged from "great" to "excellent". So what is wrong with this book? Well, I do love my Instant Pot, don't get me wrong, but it is only one appliance. There is a lot more to eating well than just using one appliance over and over, and I get the sense that the author is maybe a little bit too enthusiastic about her Instant Pot. On the other hand, this is unabashedly an Instant Pot cookbook for vegans. It is exactly what it claims to be so I don't think I can hold that against it. Overall, this is a great cookbook with a huge variety of completely vegan recipes, all specifically made for one of the better (but not the only!) cooking appliances out there. For those reasons, this book deserves 5 stars.

First off all I have to say I was delighted when I flipped through this book and realized it is actually fully vegan, and all the recipes are specifically made for the Instant Pot. If you have bought a few Instant Pot books, you have probably had the unfortunate realization that a lot of cookbooks claiming to be for the Instant Pot are actually just regular crock pot recipes that have been slightly modified so that they are supposedly for the Instant Pot. Glad that is not an issue with this cookbook - every recipe is specifically made for the Instant Pot and fully takes advantage of all of the appliance's functionality. The other problem I've had is that sometimes when I buy a "vegan" cookbook, it is actually vegetarian! So many vegan cookbooks are like this! They will have some Worcestershire sauce thrown in or a couple of recipes with eggs or something even more nefarious. I know I could just use some substitute, but I should have to do that when I buy a vegan cookbook! Glad this author is an actual vegan herself and is fully committed to using ONLY vegan ingredients in her recipes. Finally, this cookbook has 100 recipes. Anyway you slice it, that is a lot of recipes! Even if you only make each recipe once and then throw the book away, you're getting a solid 3 months of daily use of this cookbook. Honestly I could have paid twice what I did for this cookbook and still felt it was really good value. I recommend it!

Overall I really enjoyed this cookbook. First of all it has a lot of recipes, 100 in total. Most of the recipes I've had have been really good and they aren't just repeats from the internet or other cookbooks. The cookbook is completely vegan which is more than I can say about some of the other vegan cookbooks I've bought on here. My only complaint is that the cookbook is only for the Instant Pot. I like the Instant Pot but there are other ways to enjoy vegan meals too. If you want to cook with other methods then you need a different book but if you want to use your Instant Pot and you are a vegan then I would recommend this cookbook.

This is a very high quality cookbook from cover to cover. First of all the recipes are to die for, which is really the most important thing when you are talking about a cookbook. Anyone who thinks you can't eat well as a vegan needs to try some of these recipes because they prove that you can eat great meals that are ethical and healthy. I also love the pictures that are included for each recipe. They are good quality pictures and they make the food look so good. The nutritional information is helpful too. Finally, I like that every recipe is made specifically for the instant pot. These are some regular crock pot recipes. These are 100 actual instant pot recipes which is perfect for me because I love my instant pot.

The book gives different recipes for during the day that are easy to prepare and with easy to find ingredients. The recipes are tasty and healthy at the same time. They are all giving clear and simple instructions so it's easy to prepare and very understandable. Also, the ingredients are affordable so I really liked it. I will surely share this cookbook to my friends and family.

This is a favorite cookbook for me as I transition to a fully vegan lifestyle. I know its long overdue and it's time I got serious about doing the right thing for my health and for the animals. This cookbook helps so much. There are so many recipes and all of them I've had so far have been great. The pictures are clear and appetizing and they make me want to eat all of these recipes! I love my instant pot more than ever since I got this cookbook.

Able to follow recipes without problems. As I am inexperienced in following instant pot suggestions I was able to discover easier ways to prepare meals. Would buy again

A cookbook that will add on my collections. The first thing that i cooked from the book, it felt amazing to know that people were actually enjoying what i was cooking. It has many variations of recipes.

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Chef Approved Instant Pot Recipes Made For Your Instant Pot –â œ Cook More In Less Time  
(Instant Pot Pressure Cooker Recipes Cookbook)

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