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# Vegan Instant Pot Cookbook: 5 Ingredients Or Less - Quick, Easy, And Healthy Plant Based Meals For Your Family (Vegan Instant Pot Recipes) (Volume 4)





## Synopsis

Would you like to create quick and delicious Vegan Recipes with only 5 Ingredients or Less? Would you like to recharge your body with healthy and nutrient rich vegan dishes without spending all day cooking? If yes, then this book might be a perfect choice for you! Thank you for considering, *âœ“Vegan Instant Pot Cookbook: 5 Ingredients or Less - Quick, Easy, and Healthy Plant Based Meals for Your Family.âœ“*

• There are still a lot of people out there who mistakenly believe that vegan food is boring, tasteless, and complicated to make. They usually base their assumption on the numerous highly processed, extremely tasteless, and very expensive vegan options like: garden *âœ“burgers,âœ“* • tofurkey, and veggie hotdogs. No one is going to argue with how bad these three food options are. Even hard-core vegans avoid these like the plague. Real vegan dishes are made from whole food, which is organically delicious, fragrant, and vibrantly colored. These are also cheaper to buy in bulk especially when you price-match these with celebrity-endorsed vegan options. With the help of the Instant Pot, affordable, delicious, and healthy all-vegetable meals can be cooked by simply pressing a couple of buttons. If you are looking for budget-friendly recipes (vegan or otherwise,) you should really consider buying this book. All the recipes within contain only 5 ingredients or less. Many of which can be easily found in your local grocery stores or supermarkets. This book contains 60+ vegan-safe recipes for breakfast, lunch, and dinner. These include everything from grain-based breakfast options, to easy soups, and to stick-to-your-ribs dinner selections. There are also healthy choices for those who love to munch on savory snacks in between meals, and those who love to give in to their sweet tooth. Also included are easy-to-follow, no-cook recipes like: coconut butter, dairy-free pesto, flavored vinegars, and homemade vegan cheese. *Â* Some of the benefits a Vegan diet: Younger looking skin Healthier hair and nails Weight loss Longer lifespan Lower blood sugar levels Improved kidney function Protection against Cancer Lower risk of heart disease *Â* Reduced pain from arthritis Increase in energy levels *Â* Drop in Cholesterol And the list goes on... So what are you waiting for? Buy and download *âœ“Vegan Instant Pot Cookbook: 5 Ingredients or Less - Quick, Easy, and Healthy Plant Based Meals for Your Familyâœ“* • now!

## Book Information

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## Customer Reviews

I guess I'm spoiled with flashy cookbooks that have great images. The pictures in this one are not colorful..they're black and white mostly. It's a small cookbook. Honestly I have yet to use any recipes because I don't care to look through it.

If you plan to explore and benefit from the vegan diet, this instant pot cookbook guide is the blueprint. Others have too many ingredients, or ingredients I have to drive 50 miles or more to find. This one is also easier to read (looking at the pages doesn't make my eyes blur). Everything I have ever made from any of their recipes tastes amazing and they make it so simple! This book did not disappoint.

I love this cookbook! It contains a large variety of recipes. Recipes are delicious and really quick to prepare. Most of the recipes will take less than hour to prepare. They are simple enough to make, but delicious enough to impress your friends and family. All recipes in this book are saved with simpler ingredients with easy cooking directions. Your family followers will absolutely request you to prepare these dishes again and again.

I'm not a vegan, but me and my family love healthy meals. To prepare meals I almost always use the Instant pot, and my life is much simpler since I have this device. This cookbook contains very good recipes that are easy to follow and easy to prepare. So far, I've tried some of the dishes from this book and I'm very pleased. Everything is very tasty, but most importantly, very healthy and easy to prepare.

An excellent book from which you can learn a lot about the kitchen for vegans. By far the best cookbook I've read on the vegan cuisine. I found this book to be great, and the food is amazing, all vegan, and brilliant. For those that want to learn how to cook delicious, non-meat meals, this is a blessing. This book provides me a detailed explanation as to what it is and why it is a better lifestyle option.

I have had my IPs for two years and use at least one almost daily. Often, I use both at the same time. I love my IPs. This book, though, really helped me understand things that I had no idea my IPs could do. Layering courses and clarifying special buttons dependent on times. These things were not in the manual, at least that I could understand (the manual is terrible). I highly recommend this cookbook for the directions alone but also for the recipes. There are some dynamite recipes in there and Kathy Hester makes a point to accommodate non-oil and gluten free readers, in every recipe.

This is a great book on Vegan Instant Pot. All of the things, and recipes that I need to know about Vegan Instant Pot are already included and well written inside. Brandon Parker has done an incredible awesome job in compiling and creating this book. All the recipes and health solutions are very healthy, useful and well written. This book is really a great resource for those who want to learn more about Vegan Instant Pot recipes.

Awesome and well writing, I like this book. I just got an Instant Pot and not many recipes catch my eye, but I love Asian food, so now I want to make like half of these recipes. I highly recommend this book.

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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: 5 Ingredients or Less - Quick, Easy, and Healthy Plant Based Meals for Your Family (Vegan Instant Pot Recipes) (Volume 4) Vegan Instant Pot Cookbook: 5 Ingredients or Less - Quick, Easy, and Healthy Plant Based Meals for Your Family (Vegan Instant Pot Recipes Book 4) 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) 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) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan

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