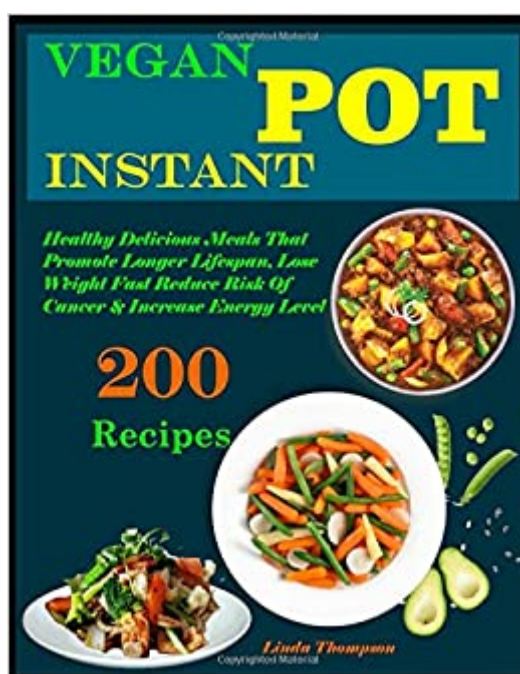


The book was found

Vegan Instant Pot: 200 Healthy Delicious Vegan Recipes That Promote Longer Lifespan, Lose Weight Fast Reduce Risk Of Cancer & Increase Energy Level



Synopsis

200 HEALTHY DELICIOUS VEGAN INSTANT POT RECIPES THAT PROMOTE LONGER LIFESPAN, LOSE WEIGHT FAST! REDUCE RISK OF CANCER & INCREASE YOUR ENERGY LEVEL What Is Good About Becoming Vegan? Not only do you prevent animals from being exploited – although it seems to be a main factor in many people’s switch - but going vegan can be one of the most transformative things you can do in your life. Many people believe that sentient beings like animals all have a right to living, and they may form an emotional attachment to them because of it. Avoiding consumption and use of products that are derived from animals is one way you can take a stance against animal exploitation and cruelty. Vegan For Your Health A vegan diet is also good for the health. You can attain benefits such as younger, fresher skin, eternal youth and boosted energy levels from starting on a vegan diet. Although “eternal” may be overstating it a bit, but current research has shown that living the vegan lifestyle can actually allow you to live longer compared to those on a typical western diet. A good vegan diet is rich in calcium, iron, protein, and other various nutrients required for daily living. Nutrients are sourced from plants and plant-based foods, which are normally low in saturated fats, and high in antioxidants and fiber – which all help to reduce the incidence of health issues such as cancer, heart disease, diabetes and obesity. Vegan For The Environment Household recycling is only one part of the green scheme. If we want to live a greener, environment friendly life, we can lower our carbon footprint a ton by avoiding use of animal products. This knocks the issue of cow flatulence right out of the park! For People Veganism is a good option to choose when living a life that looks after the planet at the same time. Having a plant-based diet is also pretty easy to maintain when feeding yourself or your family. It needs only a third of the land required compared to that of the land needed to produce food for livestock. There are a whole host of socio-economic and environmental problems, and so what better time than now is it to take on the vegan diet? Adopting a vegan diet and removing animal products from your daily living is an easy way for you to lower the strain on food resources, and allows you to help the food shortage issues affecting the rest of the world. GRAB THIS VEGAN INSTANT POT COOKBOOK TODAY AND KEEP YOURSELF AND YOUR FAMILY STAY HEALTHY & HAPPY

Book Information

Paperback: 277 pages

Publisher: Independently published (August 18, 2017)

Language: English

ISBN-10: 1549528963

ISBN-13: 978-1549528965

Product Dimensions: 8.5 x 0.7 x 11 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 8 customer reviews

Best Sellers Rank: #119,057 in Books (See Top 100 in Books) #1 in Books > Cookbooks, Food & Wine > Beverages & Wine > Wine & Spirits > Cellars #3 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Region > Canada #344 in Books > Cookbooks, Food & Wine > Special Diet > Paleo

Customer Reviews

Vegan (in most cases) Instant Pot Recipes - Great Stuff. 200 recipes in the book. Many many fantastic recipes with easy to follow directions. Be careful though as some recipes require dairy half-half. Find substitutes for the dairy. Even with this, this book is going to be with me a long times as I will be trying as many many of the recipes I can. The ones I already made, 5 stars in taste and ease to make and healthy. Great recipe directions in using my Instant Pot for making the meals in most cases. Some questionable. Rating actually 3.55 but rounded off to 4.0. This book would have easily gotten a 4.55-star from me but the setup/alignment of book is questionable. Some Recipe titles found not in bold letters, other titles found on one page while recipe and directions on the next page or numerous page. Misspelled words found as well as words left out in the directions. Whoever was responsible for quality control of the book setup/layout needs to be fired but the book recipes are great in most cases.

This is an excellent cookbook for all vegans who are preparing food in the Instant Pot. I found this book very easy to follow and have tried a number of the recipes with success. In this book you will find 200 excellent recipes. I've tried some, but I can not wait to try more dishes from this book!

This is an amazing cook book with a lots of healthy and delicious recipes. This recipe book will help you to lose your weight and reduce risk of cancer and increase the energy level. I hope you find this book helpful.

An excellent book from which you can learn a lot about the kitchen for vegans. The recipes are delicious, and I didn't expect them to be so easy to prepare, so it's a real bonus that they are. This

book a formatted well for Kindle readers, too. It's got user information yips and a wealth of amazing, reliable recipes. Highly recommended!

An excellent book from which you can learn a lot about the kitchen for vegans. I am interested in the idea of vegan cuisine itself and always wanted to try. In this book, I found many recipes, a wide variety of dishes. The book is big and you can easily choose different recipes for all occasions!

By a long shot the best cookbook I've perused on the veggie lover food. The creator hear what he's saying, and I must attempt these formulas at home! So moving and simple to take after, regardless of whether you're occupied with seeking after a vegetarian sustenance way of life or not. I am not a vegetarian but rather the formulas in this book are incredible for sweltering summer days, that is without a doubt. Lovely formula book for vegetarian eaters!

Great cookbook. Wish it had more focus on low carb, but the recipes are delicious and easy to follow. Well written. Great recipes from really simple to more complicated. Excellent accompaniment to the InstantPot. Have already done quite a few of the recipes. Very well written and I have not had to alter any due to miscalculations. We have really enjoyed the variety of recipes.

If you are vegan, be careful with these recipes. There are animal ingredients, such as Half and Half, in some of the recipes.

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

Vegan Instant Pot Cookbook: 200 Healthy Delicious vegan Recipes That Promote Longer Lifespan, Lose Weight Fast Reduce Risk Of Cancer & Increase Energy Level Vegan Instant Pot: 200 Healthy Delicious vegan Recipes That Promote Longer Lifespan, Lose Weight Fast Reduce Risk Of Cancer & Increase Energy Level 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) 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: 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 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) 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) INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) 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 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) 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: 101 Healthy and Easy Instant Pot Recipes For Your Pressure Cooker (Instant Pot Cookbook, Pressure Cooker Recipes Book, Vegan Instant Pot 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: 365 Days of Instant Pot Recipes (Fast and Slow, Slow Cooking, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Snack, Healthy Slow Cooker Dinner) CROCK POT: Delicious, Healthy Crock Pot Recipes (2100 Crock Pot Recipes Cookbook, Clean Eating, Crockpot, Healthy Crock Pot, Crock Pot Chicken, Crock Pot Recipes Cookbook) Instant Pot Cookbook: Healthy and Tasty Vegan Instant Pot Recipes for Electric Pressure Cooker! (Instant Pot Recipes - Instant Pot® Electric Pressure Cooker) Instant Pot Electric Pressure Cookbook: Incredibly Easy & Healthy Mouthwatering Instant Pot Recipes For Quick Scrumptious Meals (Instant Pot, Instant Pot Cookbook, Electric Pressure Cooker, Paleo) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

