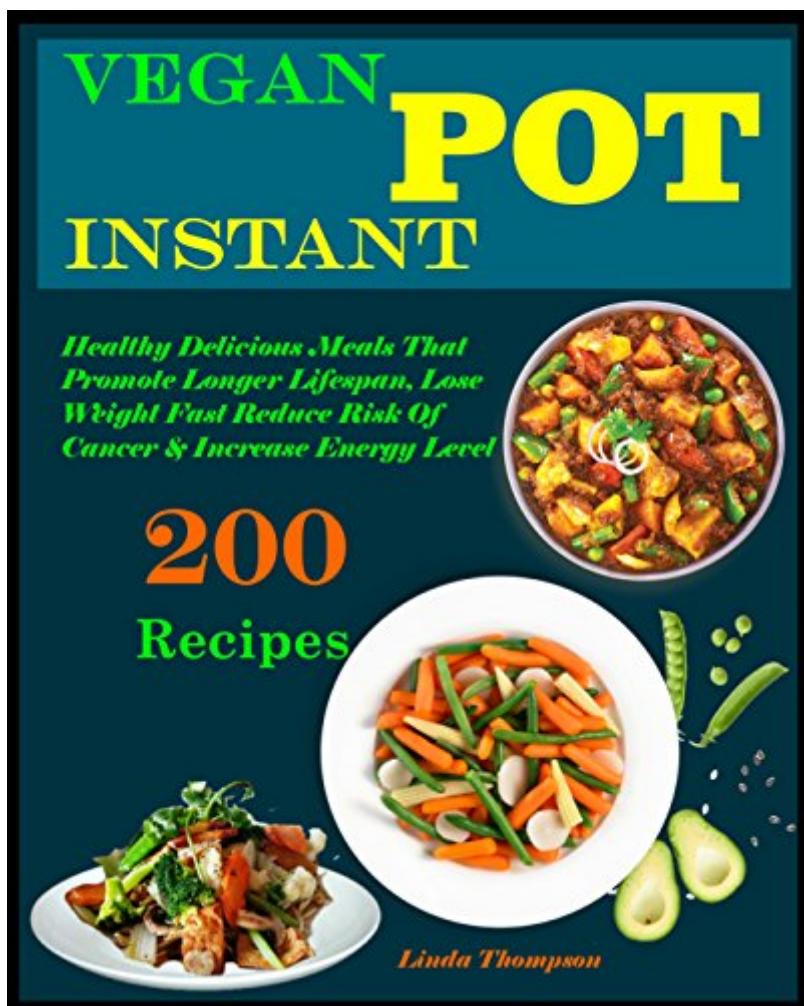


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# **Vegan Instant Pot Cookbook: 200 Healthy Delicious Vegan Recipes That Promote Longer Lifespan, Lose Weight Fast Reduce Risk Of Cancer & Increase Energy Level**





## 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

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## **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 is 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 Instant Pot. 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.

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