



Vegan Instant Pot Cookbook: Amazing Plant-Based Electric Pressure Cooker Recipes for Vegans (Paperback)

By Lisa Hitch

GGB, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Kindle MatchBook: Get the Kindle Edition FREE when you purchase the paperback edition today! Eating an ethical and sustainable vegan diet is widely acknowledged to be one of the very best ways to lose fat rapidly and promote optimal overall health. Whether you are brand new to veganism or simply looking for some delicious new recipes for your Instant Pot, make things easy on yourself by grabbing this cookbook and enjoying dozens of amazing vegan meals you can make tonight in your Instant Pot! From comforting classics with a vegan spin, to innovative meals with complex flavor profiles that are still a breeze to make at home in your Instant Pot, you are guaranteed to enjoy this complete guide to living the vegan lifestyle. This book empowers you to live in harmony with all living creatures while enjoying healthy, plant-based meals that will fill your body with energy and recharge your spirit. Even if you are a vegetarian, pescatarian, or just trying to fit more vegetables into your life, these vegan recipes will help you optimize your efforts to live well and ensure you achieve...



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