

Vegan for Beginners: 150 Delicious Recipes for Everyday Cooking Fast, Easy, Healthy (Paperback)



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Reviews

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.
(Prof. London Gerlach)

VEGAN FOR BEGINNERS: 150 DELICIOUS RECIPES FOR EVERYDAY COOKING FAST, EASY, HEALTHY (PAPERBACK)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is the first joint book from young, ambitious vegan chefs. Selection of the most delicious recipes for cooking every day. If you love healthy Vegan meals, but don't want to save hours in the kitchen, then this Instant Pot Vegan cookbook is for you. With this complete Vegan Instant Pot cookbook, say goodbye to long cooking and preparation times. You no longer have to spend a huge amount of time preparing a great tasting meal. This cookbook on Vegan meals includes only authentic Vegan recipes, and they are designed for your Instant Pot. The Instant Pot is a must-have kitchen appliance because it can do the job of seven appliances. It is a warming pot, a yogurt maker; a saute pan, a slow cooker, a pressure cooker, porridge or rice maker and a steamer. It is not possible to store and use all of these different appliances in your kitchen; hence, the Instant Pot is a great solution. Instant Pot utilizes the high temperatures, steam, and pressure to speed up the cooking time and save your precious time and hard-earned money. This book contains easy-to-follow true Vegan breakfast, lunch and dinner recipes. The recipes utilize inexpensive Vegan ingredients that you can find at your local farmers market or your nearby grocery store. Making tasty and nutritious Vegan meals doesn't have to be difficult. Add a few Vegan-friendly ingredients, press a few buttons, and after a few minutes, a warm, delicious dish is waiting for you. With the help of this Vegan Instant Pot cookbook, you will have an amazing opportunity to explore the variety of delicious and nutritious Vegan recipes that you can easily make with an Instant Pot...



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