



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

By Walter Nash

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...



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