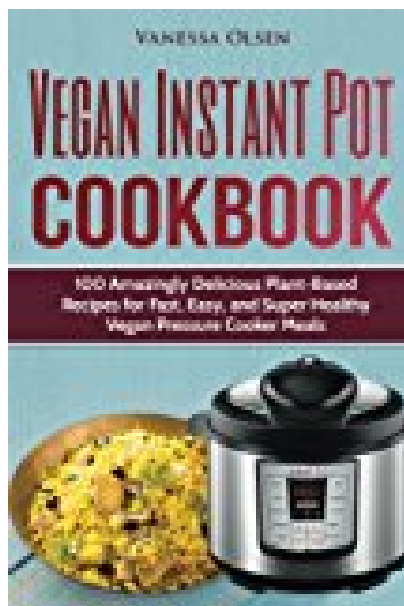


# Vegan Instant Pot Cookbook 100 Amazingly Delicious Plant-Based Recipes for Fast Easy and Super Healthy Vegan Pressure Cooker Meals

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## BOOK DETAILS

- Author : Vanessa Olsen
- Pages : 216 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1541273885

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## BOOK SYNOPSIS

"...cooks of all tastes and skill levels will appreciate Hester's inventive and approachable collection." - Publishers Weekly Quick and Easy Plant-Based Meals for Your Instant Pot® With this must-have vegan guide, bestselling author Kathy Hester shows you how easy it is to pressure cook, steam, sauté and slow cook with your Instant Pot®. Cook an entire meal at the same time with Kathy's layered entrees and sides, try a one-pot meal or prepare beans and lentils in half the time. With recipes like Herbed French Lentils with Beets and Pink Rice, Creamy Mushroom Curry with Brown Basmati Rice Pilaf, Southern- Style Pinto Beans, Whole-Grain Cornbread, Smoky Pecan Brussels Sprouts and Tres Leches-Inspired Dessert Tamales, maintaining a vegan lifestyle has never been easier or tastier. Kathy also shows you how to save time and money by making your own homemade condiments like No-Effort Soy Yogurt, Fresh Tomato Marinara Sauce and Not-Raw Almond Milk. Make delicious vegan meals the easy way with the press of a button.

### **VEGAN INSTANT POT COOKBOOK 100 AMAZINGLY DELICIOUS PLANT-BASED RECIPES FOR FAST EASY AND SUPER HEALTHY VEGAN PRESSURE COOKER MEALS**

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