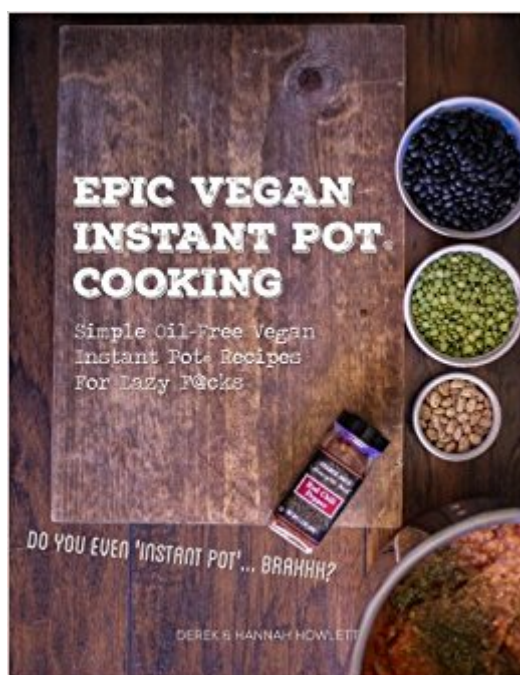


The book was found

Epic Vegan Instant Pot Cooking: Simple Oil-Free Instant Pot Vegan Recipes For Lazy F@cks



Synopsis

30 epic vegan oil-free everyday recipes that you will ACTUALLY use for your electric pressure cooker. Spend more time doing the things you love while making home made food for you and your family that you actually know what is going in to it. Includes a 7 day Instant Pot challenge, cooking charts and all the information you will need to get started cooking with your Instant Pot or electric pressure cooker today. One recipe photo for each and every recipe.

Book Information

Paperback: 98 pages

Publisher: CreateSpace Independent Publishing Platform (February 19, 2016)

Language: English

ISBN-10: 1530144604

ISBN-13: 978-1530144600

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 157 customer reviews

Best Sellers Rank: #15,943 in Books (See Top 100 in Books) #24 in Books > Cookbooks,

Food & Wine > Kitchen Appliances > Pressure Cookers #92 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

Amazing! Just absolutely amazing! I am totally in love with the recipes! Made 3 back to back yesterday! Will be making so many more! I need to buy peppers and cauliflower for some.

This book is everything I hoped for! Simple, delicious, high-carb low-fat, vegan recipes! I have been vegan for 5 months now and Hannah and Derek are my favorite inspiration! Everything I have ever made from any of their recipes tastes amazing and they make it so simple! Love my instant pot too! I used to use my slow cooker for easy recipes but now I can have slow cooker flavor in under 30 minutes! Simple ingredients too! I just love this book! Thank you Hannah and Derek! You guys are truly wonderful people ãƒ¢Ã¢ ãƒ¢Ã¢ ãƒ¢

Apparently the authors don't like to spend any more time producing a useful book than they do cooking. This is a huge oversized book with just a few pages since it includes only a few recipes (30) so it is awkward and flimsy. It is an even bigger pain to store. The recipes are simple with short

ingredient lists, but few ingredients often signals boring food with little flavor. Several of the recipes are repetitive. How many rice, potatoes, pasta, & oatmeal variations do you really need? The author even counts plain rice and potatoes as "recipes". You read that correctly -- rice and water for one recipe, just potatoes for another recipe (steamed potatoes) but you can step it up by throwing in a little onion powder, garlic powder, & seasoning per the smashed potato recipe. Consider also that these 3 recipes comprise 10% of the included recipes. I would like to have seen something more useful like creative and unusual one pot meals. This book falls short on everything except the high price. It is hard to believe anyone would be willing to pay close to \$20 for bland when I can pay zero for a multitude of more flavorful easy recipes published free on the internet. That is why I spent the time to write this review. If someone else had provided this information prior to my purchase, I would have saved myself the trouble of purchasing and returning the book. Check out the Pinterest app -- just this one source offers so many more unusual vegan instant pot recipes. If you must have a paper book, then I highly recommend "The Ultimate Vegan Cookbook for your Instant Pot" by Kathy Hester. It is well organized and colorful with a variety of simple, flavorful recipes -- sauces, stocks, spice blends, nondairy cheese products, chutney, one pot meals, vegetables (like smoky pecan brussels sprouts), dumplings, queso, curries, soups, desserts, etc. It also includes grain, bean, & legume cooking charts.

Just to be clear, you need need an instant pot for the recipes in this cook book. The recipes are specifically written for the instant pot. I am almost done trying all the recipes and I haven't found a bad one yet. I found the instructions to be well-written and the recipes use mostly what I consider to be common ingredients. That is the issue I have with some cook books. everything looks good on the paper but it practice some things you just don't keep on hand on a regular bases. I didn't have that problem with this book.

This book is f@cking awesome! I am new to the Instant Pot, literally purchased it because of Hannah & Derek's videos. This book does all the thinking for you which for me I love as I basically don't like dealing with gadgets. They walk you through things in such a straightforward method that even un-mechanically inclined people like me can do it. The recipes are great if you are trying to live a healthier lifestyle and since I've been eating this way for a while this book and the Instant Pot have literally made my life EASIER! I've only tried a few of the recipes in the book so far however I follow Hannah on you tube and have made many of her recipes without the Instant Pot and she hasn't failed me yet!!! I like her style of cooking as she doesn't use oil in her recipes so having a cookbook

that already offers recipes in that forum is great! I hope she will make another Instant Pot cookbook in the future!!

At first I was surprised at how thin this book was and that it may have very little to offer, but then I took a good look at it and realized the content was perfect, as were the recipes. Everything is simple and laid out for you and to the point. And I adore this young couple. I follow them on YouTube and I love how they're living their lives. I'll definitely continue to support their "lazy" lifestyle as I strive to reach the same goals as them. But make no mistake about it, they're not lazy. They're just enjoying life to the fullest.

I'm a devoted Instant Pot user, so wanted very much to love this cookbook written specifically for the IP. I am not bothered by the foul language, though I do wonder why some modern cookbook authors find that to be interesting, but I do mind that the book has very few recipes for the relatively high cover price -- some of them for very simple things like oatmeal -- and that several of them did not work at all for me (the Bomb.com Corn Chowdahh was particularly bad.) I haven't tried all the recipes, though, and I know others who have had success with this book. My experiences with the book did not inspire confidence.

So far, I have made three of the recipes in this book. Each one has been wonderful. Although the claim that the "No Fart Three Bean Soup" would not produce any, is not factual. We were rather self propelled after eating that one! Looking forward to cooking the rest of the recipes in this book! Thanks for making the scary prospect of using the iPot easy!

[Download to continue reading...](#)

Epic Vegan Instant Pot Cooking: Simple Oil-Free Instant Pot Vegan Recipes For Lazy F@cks The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for

Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Instant Pot: The AMAZING Pocket Cookbook for Instant Pot Cooking (1,500 Bonus Recipes! Instant Pot, Instant Pot Recipes, Instant Pot Cookbook, Pressure Cooker Recipes, Pressure Cooker Cookbook) Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster (Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker 5) INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) Instant Pot Cookbook: Top 10 Electric Pressure Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes) Instant Pot Cookbook: 101 Healthy and Easy Instant Pot Recipes For Your Pressure Cooker (Instant Pot Cookbook, Pressure Cooker Recipes Book, Vegan Instant Pot Cookbook) Instant Pot Vegan Cookbook: 100 Instant Pot Vegan Recipes with Pictures and Nutrition Facts for Every Recipe; Fast and Easy Vegan Instant Pot Recipes for Health and Weight Loss Oil Painting: Learn Oil Painting FAST! Learn the Basics of Oil Painting In No Time (Oil Painting Tutorial, Oil Painting Books, Oil Painting For Beginners, Oil Painting Course, Oil Painting) (Volume 1) Instant Pot: 365 Days of Instant Pot Recipes (Fast and Slow, Slow Cooking, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Snack, Healthy Slow Cooker Dinner) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Instant Pot: 23 Real Ketogenic Diet Recipes For Electrical Pressure Cooker: (Instant Pot Cookbook 101, Instant Pot Quick And Easy, Instant Pot Recipes) Instant Pot Cookbook: Chef Approved Instant Pot Recipes Made For Your Instant Pot – Cook More In Less Time (Instant Pot Pressure Cooker Recipes Cookbook) Instant Pot Cookbook: Healthy and Tasty Vegan Instant Pot Recipes for Electric Pressure Cooker! (Instant Pot Recipes - Instant Pot® Electric Pressure Cooker)

[Contact Us](#)

DMCA

Privacy

FAQ & Help