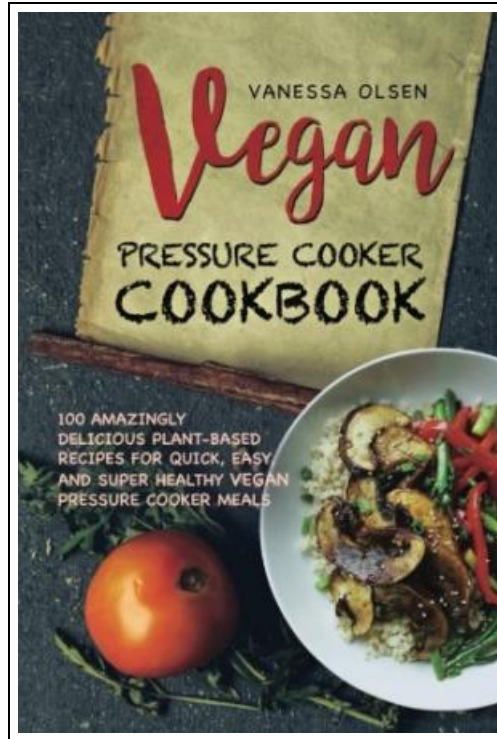


Vegan Pressure Cooker Cookbook: 100 Amazingly Delicious Plant-Based Recipes for Fast, Easy, and Super Healthy Vegan Pressure Cooker Meals (Paperback)



Filesize: 7.54 MB

Reviews

It is one of my personal favorite pdf. This really is for all those who state there was not a really worth looking at. I realized this book from my dad and i encouraged this pdf to understand.

(Katlynn Haag)

VEGAN PRESSURE COOKER COOKBOOK: 100 AMAZINGLY DELICIOUS PLANT-BASED RECIPES FOR FAST, EASY, AND SUPER HEALTHY VEGAN PRESSURE COOKER MEALS (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.FREE BONUS INSIDE! Subscribe to my newsletter and receive 4 amazing eBooks on the Paleo diet, clean eating, smoothie recipes, and gluten free as a welcome gift! The single best kitchen appliance for vegans is a pressure cooker! A person s diet has arguably the most significant impact on their health out of any other habit they might have. In that sense, we really are what we eat. In response to a society driven by an extreme hunger for meat and animal products, more and more people are turning to veganism. This plant-based diet eliminates all animal products, and the results include resistance to serious disease, better heart health, and increased energy. So, veganism is great, but it sounds hard. So many of our favorite meals are based on meat, or at least have animal products in them, like eggs and dairy. What can a person do to make transitioning to (and maintaining) that diet easier? Two words: pressure cooking. Pressure cooking is the best way to prepare vegan staples like vegetables and beans because more nutritional value is preserved than through any other cooking method. This means more vitamins and minerals, like iron, which is something most vegans have trouble getting. This book focuses on the electric pressure cooker, a kitchen tool that is both fast and affordable. There are 100 vegan pressure cooking recipes contained in its pages, so you can start enjoying things like: Chai-spiced oatmealTofu scramblesCurry bowlsHearty winter soups Cheese saucesCornbread and Thanksgiving stuffingSimple syrupsCheesecakes and poached pearsChocolate fondue Vegan food has a reputation for being boring and tasteless, but it won t take you long to see just how untrue that is. By using ingredients like pureed...



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