

Vegan Pressure REVOLUTION Cookbook Stovetop

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## Summary:

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Amazon.com: Customer reviews: Vegan Pressure REVOLUTION ... The title says, "Vegan Pressure REVOLUTION: Crock Pot Cookbook for Vegans". These are pressure cooker (PC) recipes not crock pot (i.e., slow cooker) recipes. These methods are diametrically opposed. The former is fast, while the latter is slow. I question the cooking times in the recipes. Is The 22-Day Revolution The Right Vegan Diet for You? The 22-Day Revolution is a vegan diet that emphasizes eating fresh, whole foods that are plant-based. A number of studies show that following a plant-based diet may lead to lower blood pressure and cholesterol levels and a decreased risk of heart disease. Vegan Under Pressure: Perfect Vegan Meals Made Quick and ... Vegan cooking made fast, fresh, and flavorful with the convenience of a pressure cooker For the growing number of people who eat vegan, a pressure cooker is a blessing when it comes to saving time and enjoying a wider variety of foods on a regular basis.

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