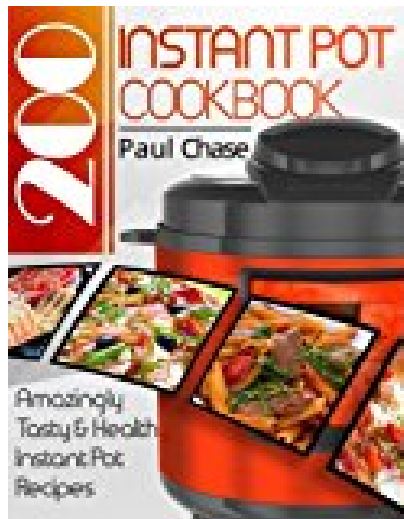


Instant Pot Cookbook 200 Amazingly Tasty & Healthy Instant Pot Recipes



BOOK DETAILS

- Author : Paul Chase
- Pages : 212 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1544975651

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BOOK SYNOPSIS

Be Smart - Get the Most From Your Pressure Cooker! Its time to embrace the art of cooking with your Instant Pot Pressure Cooker. Instant Pot Cookbook: The Quick And Easy Pressure Cooker Guide For Smart People - Healthy, Easy, And Delicious Instant Pot Recipes teaches you how to use this revolutionary kitchen tool. Youll also discover a wealth of Delicious, Easy, and Healthy Instant Pot Recipes for every meal of the day! The Instant Pot is faster than other cooking methods because it uses both pressure and heat to cook your food. It can cut your cooking times in half - or more! This insulated pressure cooker uses very little water and energy to cook your food. It can save you up to 70% on energy costs. Not only does the Instant Pot save you money, it also helps you slim down. Youll get more nutrients from your pressure-cooked meals because the Instant Pot steams food quickly and evenly. Your food will even retain more of its beautiful, natural color! Heres a preview of what youll get from this book: The History of Instant Pot Instant Pot Parts and Design What to Look for When Buying an Instant Pot The Differences in Pressure Cooking How to Clean Your Instant Pot Tasty Breakfast Recipes Hearty Lunch Recipes Delightful Dinner Recipes Healthy Instant Pot Snack Recipes Get ready to enjoy amazing pressure-cooked breakfasts like Breakfast Quinoa, Egg Muffins, and Quick Hard-Boiled Eggs. Your lunches can include Cilantro Lime Rice, Collard Greens, and Pot Roast. For dinner, you can look forward to Asian Pepper Steak, Ratatouille Vegetable Stew, and Pressure Cooker Spaghetti! Dont wait - Read Instant Pot Cookbook: The Quick And Easy Pressure Cooker Guide For Smart People - Healthy, Easy, And Delicious Instant Pot Recipes Today!

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