

Electric Pressure Cooker Cookbook: 225 Irresistible Recipes for Quick, Easy, and Healthy Pressure Cooker Meals (Paperback)



Filesize: 7.47 MB

Reviews



Extremely helpful to all of group of individuals. It really is loaded with knowledge and wisdom Its been designed in an extremely basic way and is particularly simply after i finished reading through this ebook where actually altered me, affect the way i believe.
(Lily Ryan)

ELECTRIC PRESSURE COOKER COOKBOOK: 225 IRRESISTIBLE RECIPES FOR QUICK, EASY, AND HEALTHY PRESSURE COOKER MEALS (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you have mountains of cookbooks lying around that you never use? It s time to get the one collection of recipes that you ll turn to over and over again! Electric Pressure Cooker Cookbook - 225 Irresistible Recipes for Quick, Easy, and Healthy Pressure Cooker Meals has all the meals you could possibly want for every possible occasion. In a time when most people are super busy and often resort to fast or frozen food, this cookbook provides an alternative that is not only convenient, it s healthy. Pressure cooking is the best way to prepare any food, especially vegetables and fruit, in terms of how much nutritional value is preserved. Slow cookers, while convenient, cook a lot of the nutrition out of your meal. The pressure cooker retains all the vitamins and minerals you need, and so quickly that it rivals the time it takes to wait for takeout. If you haven t been cooking at home because of time constraints, those days are over. This cookbook provides all of the background info you need to start using your electric pressure cooker today. You ll learn how to use the control panel and the automatic cooking programs, as well as the Manual settings. Keeping the cooker clean is an important part of pressure cooker ownership, so the book will walk you through the different pieces to focus on and how to keep them in the best shape possible. The cleaning process isn t hard, and it ensures your cooker lasts a long time. So, what can you make with an electric pressure cooker? With 225 recipes, the possibilities are endless. This collection includes recipes for: Breakfast quinoa w/ maple syrupHuevos...

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