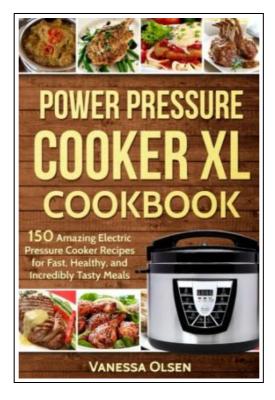
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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Remember when eating healthy wasn t so difficult? It can be that way again, thanks to the Power Pressure XL pressure cooker and The Power Pressure Cooker XL Cookbook: 150 Amazing Electric Pressure Cooker Recipes for Fast, Healthy, and Incredibly Tasty Meals. Honestly, eating healthy has been difficult for a long time. Before artificial and packaged foods, everyone was essentially living on a clean diet with their own gardens and local butchers and farmers. Then, society seemed to speed up, and there simply wasn t time to maintain a garden or cook at home. Fast food places littered the country, and big corporations began churning out frozen stuff in packages. Even fresh food like produce changed, and became bulked up with artificial preservatives and fillers. How is a person supposed to eat healthy now? Pressure cookers like the Power Pressure Cooker XL make it possible. Pressure cooking is the healthiest cooking method there is, and it s because of how fast the process is. The longer food cooks, the more nutrition is lost, so when it takes less than five minutes to cook a batch of vegetables and only 10 minutes to cook chicken, nearly 100 of the food s original nutritional value is preserved. It s the best of both worlds! The Power Pressure Cooker XL Cookbook: 150 Amazing Electric Pressure Cooker Recipes for Fast, Healthy, and Incredibly Tasty Meals gives you everything you need to know about the electric pressure cooker, including how the Power Pressure Cooker XL is constructed, how it works, how to clean it, and how to fix common problems. This foundational info leads you into the real meat of the book, which is the 150...

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