



The Healthy Electric Pressure Cooker Cookbook: 121 Wholesome Recipes For Clean eating, Gluten free, Paleo, Low carb, Vegetarian, Vegan And Mediterranean diet

Samantha Keating

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Cook Nourishing Food... Cook It Fast In Your Electric Pressure Cooker! Cooking at home is often necessary if you want to eat healthy food. The invention of the electric pressure cooker is a gift to busy cooks who care about what they eat. Meals that take a long time to cook traditional are cooked in just a few minutes. Using an electric pressure cooker not only saves time, cooking in a sealed environment also helps to retain more nutrients and flavor. Nutrients are sealed in with superheated steam and most meals can be ready in a half hour or less. **The Healthy Electric Pressure Cooker Cookbook** is the answer to cooks who are faced with the quandary of cooking healthy meals at home without spending endless hours in the kitchen. It contains 121 carefully selected recipes and meal types for *Clean eating, Gluten free, Paleo, Low carb, Vegetarian, Vegan And the Mediterranean diet*. These recipes will work for you whether you have the *Instant Pot, Cuisinart, Presto, Fagor* or any other brand or model of electric pressure cooker. No matter your diet persuasion, this collection offers you a variety of nourishing and delicious dishes that you can make in a hurry. In this book, you'll find: * Benefits Of Cooking With Pressure Cooker * Tips And Tricks For Using The Electric Pressure Cooker * Pressure Cooker Safety * 121 recipes with simple cooking instructions categorized under: Breakfast And Brunch, Soups, Stews, And Chilies, Poultry Main Dishes, Beef And Lamb Main Dishes, Pork Main Dishes, Seafood And Fish Main Dishes, Rice And Pasta Recipes, Vegetable Main Dishes, Side Dishes, Desserts, Dips And Appetizers, Sauces And Broths. * Clear dietary labels on each recipe for Clean eating, Gluten free, Paleo, Low carb, Vegetarian, Vegan And the Mediterranean diet The recipes include: Brown Rice Breakfast Risotto, Butternut Squash And Ginger Soup, Spicy Chicken Black Beans And Rice, Pot Roast With Tangy Gravy, Pork Chops And Sauerkraut, Greek Style Fish, Easy Saffron Rice, Zucchini And Tomato Medley, Cauliflower And Orange Salad and much more!

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Kelsey Jimenez:

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George Tucker:

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