



## The Healthy Electric Pressure Cooker Cookbook: 121 Wholesome Recipes for Clean Eating, Gluten Free, Paleo, Low Carb, Vegetarian, Vegan and Mediterranean Diet

By Samantha Keating

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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...



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