



Weight Watchers Instant Pot Smart Points Recipes: The Ultimate Weight Loss Recipes for Your Instant Pot Includes Smart Points and Nutrition Information (Paperback)

By Smart Eater

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Will Santa bring you an Instant Pot for Christmas? If not, you'll want to treat yourself to one. Cooking with a pressure cooker like the Instant Pot is much like slow cooking except you don't have to think about your recipe 4-8 hours ahead of time. This is perfect for someone who is generally busy and if you're watching your weight, you'll love putting your pressure cooker to work with this Weight Watchers Instant Pot Recipes Cookbook. Pressure cooking has many advantages, among which saving time, energy, preserving nutrients, and eliminating harmful micro-organisms from food are most significant. Saving Time Energy Foods are cooked much faster by pressure cooking than by other methods. Typically electric pressure cookers can reduce cooking time by up to 70% comparing with other methods. With much less water used in cooking and a fully insulated external pot, much less energy is required, saving up to 70% of energy comparing with boiling, steaming, oven cooking or slow cooking. Electric pressure cookers are the second most energy efficient cooking appliance after microwaves. Electric pressure cookers, such...



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