



The Healthy Instant Pot Pressure Cooker Cookbook: 120 Nourishing Recipes for Clean Eating, Paleo, AIP, Gluten Free, Vegan and Other Healthy Diets (Paperback)

By Paula Corey

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Save Time And Cook Healthy Meals In Your Instant Pot Pressure Cooker! The Instant Pot is a versatile kitchen appliance that provides many tools in one. It helps you to save a lot of cooking time and create delicious and nutritious meals at the same time. In The Healthy Instant Pot Pressure Cooker Cookbook, Paula Corey presents a mix of 120 recipes cooked in the Instant Pot Pressure cooker. While the recipes in this book can be enjoyed by all, they have been carefully selected to cover a range of dietary needs - Clean eating, Paleo, AIP, Gluten free, Vegan and other healthy diets so you can easily find the recipe that is right for you. Here you will find: - An introduction and valuable tips for using the Instant Pot Pressure Cooker - 120 Recipes with great variety conveniently grouped 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,...



READ ONLINE
[5.44 MB]

Reviews

An exceptional pdf and also the typeface applied was intriguing to read through. It is definitely simplified but excitement in the 50 % in the ebook. I discovered this ebook from my dad and i recommended this pdf to find out.

-- **Jarod Ward**

Complete information for publication enthusiasts. It is really basic but shocks inside the fifty percent of your book. I am just delighted to let you know that this is basically the finest book i have read through in my individual lifestyle and might be he best pdf for actually.

-- **Elena Runolfsdottir Sr.**