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## Electric Pressure Cooker Cookbook: 5 Ingredients or Less - 100 Quick, Easy, and Amazingly Tasty Pressure Cooker Recipes for Healthy and Nourishing Meals (Paperback)

By Vanessa Olsen

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.FREE BONUS INSIDE! Subscribe to my newsletter and receive 4 amazing eBooks on the Paleo diet, clean eating, smoothie recipes, and gluten free as a welcome gift! Have you given up on making healthy meals at home because they take too long and have so many fancy ingredients? It's time to reclaim control with Electric Pressure Cooker Cookbook - 5 Ingredients or Less! With 100 quick, easy, and delicious pressure cooker recipes, this cookbook will change your views on what healthy cooking can be like. If your experience has been to believe that healthy cooking is something for rich celebrities with hours of free time, it's understandable that you're discouraged and resigned to never quite reaching your health goals. However, the electric pressure cooker is here to transform how you cook everything from breakfast to side dishes to dessert. The book begins with a useful introduction to everything about the pressure cooker, including its centuries-long history and newest incarnations, which have automatic cooking programs and tons of safety features. Even if you've never used an electric pressure cooker...



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