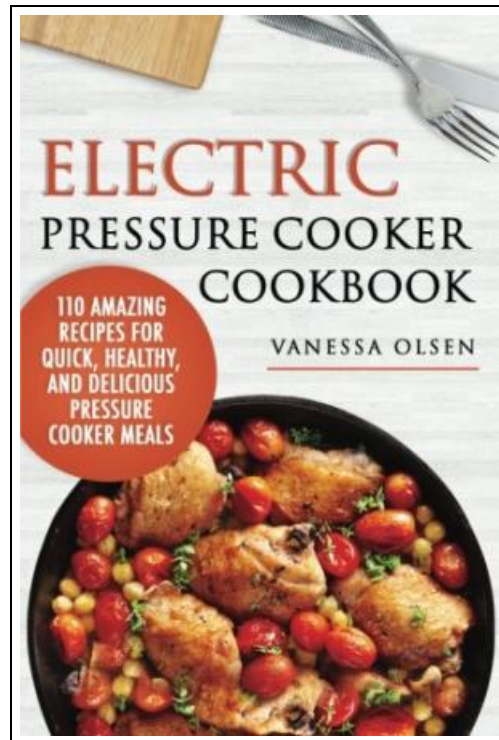


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## ELECTRIC PRESSURE COOKER COOKBOOK: 110 AMAZING RECIPES FOR QUICK, HEALTHY, AND DELICIOUS PRESSURE COOKER MEALS (PAPERBACK)



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! Do you need to spend hours making a decent meal? Do you want to cook better food but after a long work day you just dont have the energy? An electric pressure cooker is going to change your life! Eating healthy is crucial to maintaining good health, but in a society ruled by fast-food and artificial, pre-packaged goods, it can be hard to make good choices without breaking the bank or having to spend hours slaving over the stove. Thankfully, there s pressure cooking, which is both healthy and fast. Pressure cooking has been around for hundreds of years, and even with all our fancy inventions like the microwave, pressure cooking is still the healthiest and quickest way to prepare any food, especially vegetables and affordable cuts of meat. Who knew that you could actually prepare Brussels Sprouts, and they don t end up being bitter? Or that cheap top-round beef could become so fall-off-the-bone tender? Electric pressure cookers in particular are extremely convenient and safe, and can easily replace your slow cooker and rice cooker. They offer versatility, durable design, and exceptional safety features. This cookbook provides you with all the information you need to get started with an electric pressure cooker today. You ll learn a bit about the history of pressure cooking and why it s the best way to cook all your meals, as well as the different parts of an electric pressure cooker and what all those buttons mean. The control panel is one of the reasons why many people...

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