



## Instant Pot Recipe Book: 100+ One Pot Instant Pot Recipe Book, Dump Dinners Recipes, Quick Easy Cooking Recipes, Antioxidants Phytochemicals: Soups Stews and Chilis, Pressure Cookers (Paperback)

By Don Orwell

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How Can You Go Wrong With Superfoods-Only Diet? FACT: Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer - they re all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Instant Pot Recipes Cookbook -third edition has more than 90 Instant Pot recipes created with 100 Superfoods ingredients. This 150+ pages long book contains recipes for: - Superfoods Soups - Superfoods Stews, Chilies and Curries Most of the meals can be prepared in under 15 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Our Food Should Be Our Medicine And Our Medicine Should Be Our Food. - Hippocrates 460 - 370 BC The best thing about Superfoods Diet is that it will keep your appetite and cravings under control and it will balance your hormones....



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