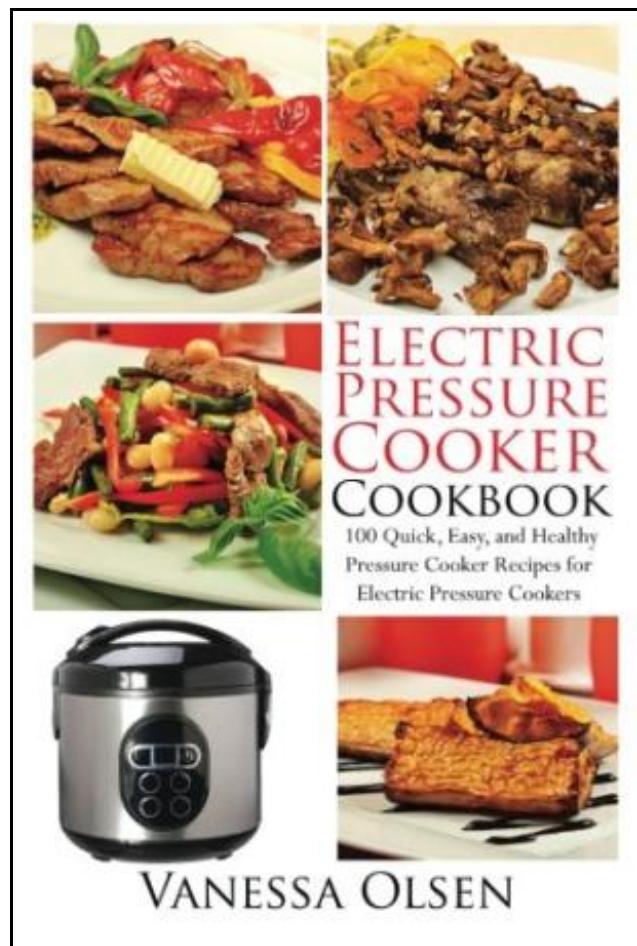


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Reviews

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(Rebecca Bechtelar)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you always too busy to cook healthy meals? Do you frequently have to resort to take-out or overdone recipes just because theyre easy and fast? If so, pressure cooking is going to solve all your problems and this book is the perfect place to begin! Introducing the Electric Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Recipes for Electric Pressure Cookers The pressure cooker has been around for centuries, but it wasnt until just recently that the electric pressure cooker revolutionized the way we cook. Pressure cooking will help you transform cheap, chewy cuts of meat into unbelievably tender masterpieces, and prepare grains, veggies, and fruit faster than ever before. Healthy pressure cooker recipes make getting all your nutrients fast, easy, and delicious, meaning that youll never have to order in pizza after a long day at work ever again! This pressure cooker cookbook includes all of the important introductory information needed to feel comfortable and confident with an electric pressure cooker, even if its your first time using one. In just the first few chapters, youll learn everything there is to know about The history of pressure cooking How to properly work an electric pressure cooker Safely preparing pressure cooker recipes Why electric pressure cookers are better than stove top ones How to choose an electric pressure cooker thats right for you And how to keep your pressure cooker in tip-top shape for years to come After learning the basics, youll find 100 electric pressure cooker recipes, including breakfast, lunch, dinner, and even dessert. And for all you animal lovers, Ive dedicated two whole chapters solely to vegetarian and vegan pressure cooking. Have...

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