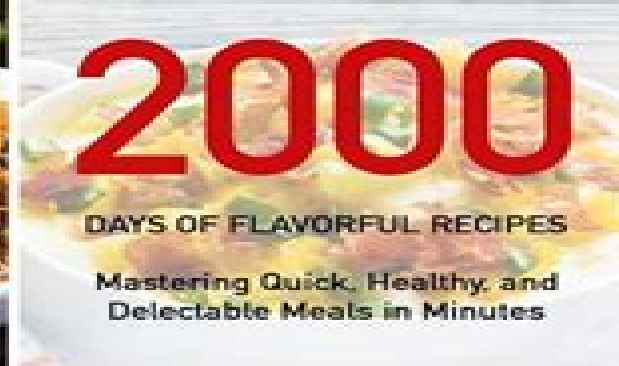




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Jessy Smith, Jennifer Williams



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Gilmore,2018-10-09 Eating healthy gets a whole lot easier with this delicious collection of 75 recipes each one photographed for nutritious and satisfying meals made quickly in your electric pressure cooker all developed by a certified nutritionist and cookbook author for maximum health and flavor In The Fresh and Healthy Instant Pot Cookbook Megan Gilmore presents recipes that use easy to find whole food ingredients for simple weeknight meals from morning to night through the revolutionary cooking power of the Instant Pot an electric programmable multicooker There are gluten free options for each recipe and all recipes are free of refined sugar and many of the most common food allergens yet don't scrimp on flavor With dishes like Korean Chicken Bowls Eggplant Parmesan Bake Peanut Butter Crunch Granola Bars Flourless Banana Oat Bread and One Pot Chocolate Cake and Frosting following a healthy diet while enjoying your favorite whole foods has never been more achievable Every recipe is photographed in this highly visual and information rich collection and also includes nutritional information calories fat carbs fiber and protein and detailed timing for prep coming to pressure cook time and release time

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The Healthy Instant Pot Cookbook Karen Lee Young,2021-10-12 Make mealtime quick easy and healthy with the power of an Instant Pot Find out how simple it is to turn basic ingredients into complete satisfying meals that are perfect for the whole family This collection of low calorie recipes relies on the convenience of Instant Pot cooking to minimize the time you spend preparing food and maximize the time you spend enjoying it Savor dishes like Mushroom Barley Risotto Sloppy Joes Brandy Soaked Cheater Cherry Pies and more guilt free This healthy cookbook filled with mouthwatering photos includes Instant Pot guidance Find out how to get the most out of your Instant Pot with simple guides for new users plus troubleshooting tips Low calorie recipes Discover entrees with 500 or fewer calories breakfasts with 300 or fewer and snacks sides and desserts with 250 or fewer Helpful advice Embrace a healthy eating lifestyle with guidance for stocking your kitchen and going shopping without breaking your budget Serve up wholesome low calorie meals with ease thanks to The Healthy Instant Pot Cookbook

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The Essential Diabetes Instant Pot Cookbook Coco Morante,2020-01-07 A collection of 70 simple tasty recipes for diabetics prediabetics and people with PCOS

that make eating balanced meals a snap with the incredibly popular electric pressure cooker the Instant Pot The Essential Diabetes Instant Pot Cookbook will help you find joy in the kitchen Ashley Klees Registered Dietician Certified Diabetes Educator Instant Pot guru Coco Morante presents seventy recipes for breakfast lunch dinner and dessert that prove you don't have to sacrifice flavor to eat well With hearty nutrient dense dishes like Grain Free Apple Cinnamon Cake Coddled Huevos Rancheros and Shepherd's Pie with Cauliflower Carrot Mash every recipe is authorized by Instant Pot vetted by endocrinologist Dr Jessica Castle and based on Morante's personal experience cooking for insulin related conditions With balanced meals that make feeding the whole family a snap this cookbook is a life saver for those with diabetes those with insulin resistance issues such as prediabetes and PCOS and home cooks who want to take back their health *The Healthy Instant Pot Pressure Cooker Cookbook* Paula Corey, 2015-12-07 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 Dips And Appetizers All recipes with details for serving size preparation time pressure cooking time and step by step description Each recipe clearly labeled according to dietary requirements Clean Eating Paleo AIP Gluten Free and Vegan The recipes include Cheesy Sausage Scramble Spicy Chicken Chili Sweet And Sour Mango Chicken Easy Braised Short Ribs Sweet And Zesty Pulled Pork Seafood Chowder Risotto And Peas Butternut Squash Soup Maple Glazed Carrots Caribbean Rice Pudding Honey Glazed Chicken Wings and much more **Instant Pot Cookbook for Two** Savannah Gibbs, 2019-07-25 Are you looking for recipes to prepare memorable meals for you and your loved one A new trend among people who eat healthy and enjoy cooking with minimal mess and time is the Instant Pot It's a modern electric pressure cooker that can also be used as a slow cooker stove steamer and saut pan Using an Instant Pot can reduce your cooking time by a whopping 70% There's no need to spend hours in the kitchen standing over multiple pots and pans Whether you are cooking for yourself a guest or loved one this book offers a great collection of new ideas that you'll want to try By reading this book you will learn how to use an Instant Pot tips for Instant Pot cooking 100 healthy and delicious Instant Pot recipes for breakfast soups and stews vegetables and beans poultry meats seafood snacks and dessert These recipes are designed for two people and each contains nutritional information All you need to do is dump the ingredients into the pot and allow it to work its magic Order Instant Pot Cookbook For Two now

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Instant Pot Cookbook Jesse Adler, 2017-01-25 Who says you must spend a significant amount of time when preparing a tasty and healthy meal The era of cooking drudgery is far behind us but most us still cook less efficiently than we can Although we do not break our backs to make food still some of us spend so much time preparing a meal that we end up being too exhausted to eat it the way you would have wanted Instant Pot technology allows you to make healthier meals in half the time it takes to prepare the same meal using a regular cooker Instant Pot can function as a Crock Pot rice cooker steamer saut pan and pressure cooker Owning this piece of technology will add efficiency to your cooking process however it is your knowledge of Easy and Healthy Instant Pot Recipes that turns an Instant Pot into a tool that only produces tasty meals In this comprehensive guide on Instant Pot and Instant Pot recipes you will learn everything about this fascinating machinery including its features origin

functions and how to effectively operate it In addition this book provides a thorough walk through on how to prepare Easy and Healthy Instant Pot Recipes for the everyday home The over 100 meal recipes discussed in this book are categorized under Breakfast Recipes Fish and Seafood Recipes Vegetarian Recipes Dessert Recipes Snack Recipes Sauce Recipes Soups Stews The recipes are easy to follow and can be used by anyone regardless of their background Go ahead and explore an incredible variety of nutritious and delicious recipes that you make with the magical Instant Pot **Instant Pot Cookbook**
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