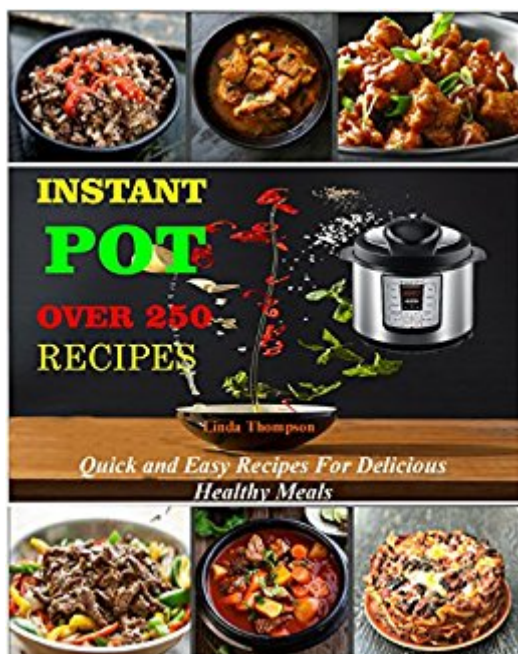


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# Instant Pot Recipes: Over 250 Quick And Easy Recipes For Delicious & Healthy Meals



## Synopsis

Between these pages you'll find Over 250 Instant Pot Recipes, quick and easy method for delicious healthy meals for the whole family. The Instant pot is an electric cooking pot which generates all the necessary heat required. No stove or oven required. This makes the whole appliance much more energy efficient. If you own an Instant pot, you're a winner, they can create a pot after a pot of delicious and nutritious meals with less time and effort. Instant Pot maximizing the potential nutritional value is increasing the digestibility of your foods. Pressure cooking technique helps in boosting the digestibility of the nutrients present in the food. The combination of pressure and steam makes the ingredients tender and succulent. GRAB YOUR INSTANT POT RECIPES TODAY AND ENJOY COOKING DELICIOUS MEALS FOR YOUR FAMILIES AND FRIENDS

## Book Information

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## Customer Reviews

This cookbook is the best!! I'm one of those cooks that loves recipes, but gets easily intimidated by new equipment in my kitchen. I'm admittedly not too experienced with Instant pot cookers, but this book has me feeling great about cooking with one now. I enjoyed the variety of recipes, and what seems to be an easy preparation and clean up. I'm looking forward to continuing to cook healthy

meals. This is a great book for everyone who has a pressure cooker.

Great Instant pot recipes book! This book has over 250 quick and easy for Delicious & healthy meals. Ben gives a brief introduction about the meal which makes his recipes a lot more fun and a lot less dry, compared to most out there. If you are an instant pot rookie like me, look no further this is the book you are looking for. Awesome recipes and I will definitely try the other recipes here.

This is a very good book that contains very tasty recipes. These recipes are getting the best out of my instant pot. Tried a couple of them and they were delicious. The best part about the instant pot is that it delivers your healthy meal in a fast manner. And this book will give you a lot of new ideas in which regards the recipes that you can cook.

Great 250 recipes book! All recipes are described properly and this book writing style is really easy to understand. I enjoyed this book and it's containing recipes. I would like to recommend this book to all.

Well Written!!! This is a very helpful guide. The author did a good job by Instant pot recipes book. All recipes are healthy and delicious. I highly recommended for all. thanks a lot

Nice book, Instant Pot Recipes book, I love to cook and learn new things. This book is great. It comes with several recipes. All the recipes are easy to follow.

Extraordinary book! I just bought a weight cooker to quicken the cooking time of setting up my suppers as I am a clamoring singular, so I scanned for equations sensible for this cooking contraption and found this book. Phenomenal equations and I will endeavor interchange recipes here. So I need to prescribe this book to all.

An incredible Cookbook !!! Moment Pot recipes...In this book 250 heavenly formulas has speedy and simple ways...Quick and simple strategy on healthy meals...I like every one of the formulas incorporate into the book...such a good book.

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