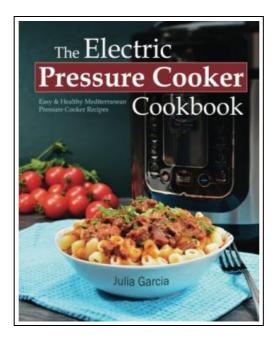
The Electric Pressure Cooker Cookbook: Easy Healthy Mediterranean Pressure Cooker Recipes (Paperback)



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Reviews

This composed publication is fantastic. This is certainly for all those who statte that there was not a well worth reading through. You will not truly feel monotony at whenever you want of your respective time (that's what catalogs are for regarding when you ask me). (Prof. Mark Ratke Jr.)

THE ELECTRIC PRESSURE COOKER COOKBOOK: EASY HEALTHY MEDITERRANEAN PRESSURE COOKER RECIPES (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand New Book *****
Print on Demand ******.Does your time-schedule leave you feeling restricted and confined? Let your Electric Pressure Cooker do the work for you and escape to the healthful Mediterranean lifestyle. Maybe you already own an Electric Pressure Cooker, but you have no idea how to use it. This delectable Mediterranean cookbook gives you over 50 easy and delicious meals packed with flavors and nutrients traditional to the Mediterranean region. Start Your New Way of Living with Healthy and Family-Friendly Pressure Cooker Recipes This style of cooking is ideal for people who want to lose a couple of pounds. There are many diets and cooking techniques you can follow to shed extra pounds you re carrying. However, the problem with most of them is the typical yo-yo effect and the negative impact on your health. Fortunately, this is not the case with pressure cooked Mediterranean meals. Your nutritional needs will be fulfilled perfectly and your taste will also be satisfied completely. These carefully chosen 50 recipes will help you create complete menus throughout the year - from simple healthy snack and lunch ideas to complete fancy dinners with plenty of decadent dessert options to choose from. Use your electric pressure cooker in an entirely new Mediterranean way and impress your family and friends. Unlock the endless possibilities for creating a wide range of healthy and delicious Mediterranean dishes: - Wake up on the French coast with a French Salad, or take a trip to Rome for lunch with a Mushroom Tagliatelle - discover 50 pressure cooker recipes using only wholesome, healthy ingredients. - Cleanse your body of toxins with 10 flavorful Detox Smoothies, including Strawberry Flaxseed Smoothie, Blueberry Banana Smoothie, and Apple Cinnamon Smoothie. -...

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