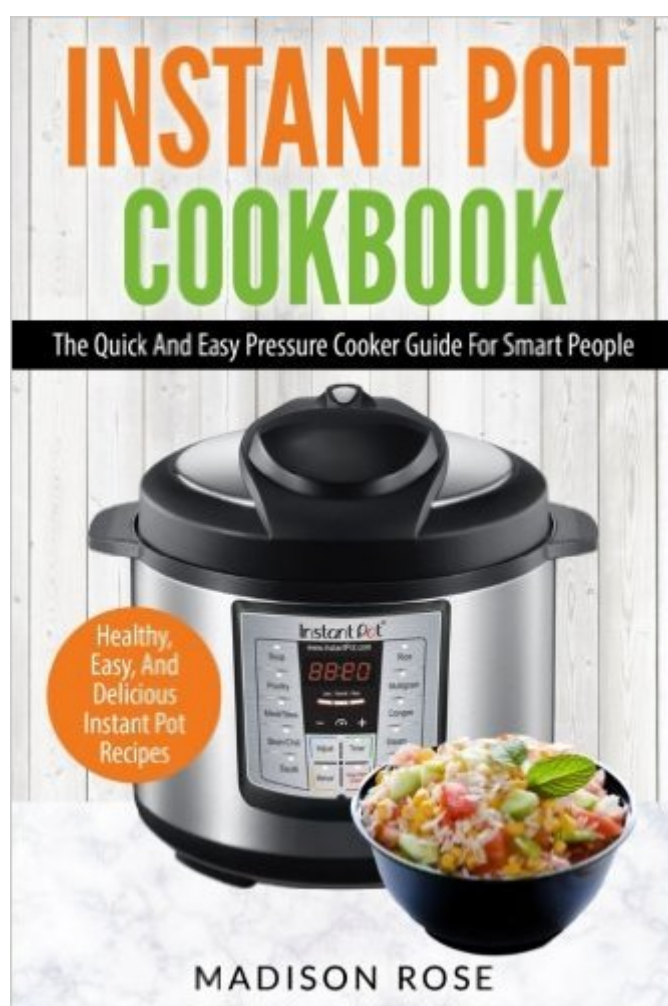


The book was found

# Instant Pot Cookbook: The Quick And Easy Pressure Cooker Guide For Smart People - Healthy, Easy, And Delicious Instant Pot Recipes



## Synopsis

Be Smart â “ Get the Most From Your Pressure Cooker! Itâ™s time to embrace the art of cooking with your Instant Pot Pressure Cooker. Instant Pot Cookbook: The Quick And Easy Pressure Cooker Guide For Smart People â “ Healthy, Easy, And Delicious Instant Pot Recipes teaches you how to use this revolutionary kitchen tool. Youâ™ll also discover a wealth of Delicious, Easy, and Healthy Instant Pot Recipes for every meal of the day! The Instant Pot is faster than other cooking methods because it uses both pressure and heat to cook your food. It can cut your cooking times in half â “ or more! This insulated pressure cooker uses very little water and energy to cook your food. It can save you up to 70% on energy costs. Not only does the Instant Pot save you money, it also helps you slim down. Youâ™ll get more nutrients from your pressure-cooked meals because the Instant Pot steams food quickly and evenly. Your food will even retain more of its beautiful, natural color! Hereâ™s a preview of what youâ™ll get from this book: The History of Instant Pot Instant Pot Parts and Design What to Look for When Buying an Instant Pot The Differences in Pressure Cooking How to Clean Your Instant Pot Tasty Breakfast Recipes Hearty Lunch Recipes Delightful Dinner Recipes Healthy Instant Pot Snack Recipes Get ready to enjoy amazing pressure-cooked breakfasts like Breakfast Quinoa, Egg Muffins, and Quick Hard-Boiled Eggs. Your lunches can include Cilantro Lime Rice, Collard Greens, and Pot Roast. For dinner, you can look forward to Asian Pepper Steak, Ratatouille Vegetable Stew, and Pressure Cooker Spaghetti! Donâ™t wait â “ Read Instant Pot Cookbook: The Quick And Easy Pressure Cooker Guide For Smart People â “ Healthy, Easy, And Delicious Instant Pot Recipes Today!

## Book Information

Paperback: 134 pages

Publisher: CreateSpace Independent Publishing Platform (April 20, 2016)

Language: English

ISBN-10: 1532858574

ISBN-13: 978-1532858574

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (360 customer reviews)

Best Sellers Rank: #5,342 in Books (See Top 100 in Books) #11 inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Pressure Cookers #37 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## Customer Reviews

My mother bought me instant pot pressure cooker and I needed a detailed guide/manual to help me know how to use it and how to take care of the cooker. I was searching on for a guide and I came across this book, it has been a week now and the book has been of great help, referring to it whenever I am stuck. The guide is well written and easy to use. The recipes in the spices the book, they have ingredients that are clear and easy to find as well as simple and easy to follow cooking directions. I highly recommend this book to instant pot cooker owner and those who want to explore instant pot recipes that are well written. Great book, thanks to the author!!!

This essential guide includes a vast array of electric pressure cooker recipes for Breakfasts, Soups, Main Dishes, and Dessert! I really need to pay attention to foods that have very low carbs. This book is one of the best instant pot cookbook in the market as it gives different type of low carb recipes that will lessen you carb intake that can make weight loss more easier. If you have been looking for a low carb diet book to help you follow a low carb diet, then this is the perfect book for you. One of the most common causes for weight gain is too many carbs, by following a healthy instant pot cookbook you can lose those pounds that have been troubling you.

Madison Rose did an outstanding job with this instant pot cookbook. The family and I have been on a kick to get healthy lately, so I've invested in a bunch of new kitchen gadgets that will help us more quickly and easily create more healthy and satisfying meals. One such device has been the Instant Pot. This book is loaded with quality information that lets us know how best to use the device to create tasty meals, and as a breakfast lover, I'm finding that the recipes for breakfast are simple and delicious to get me started off on the right foot for the day! Highly recommended.

This book contains the easiest ways to cook your meal in a shortest period of time. You will get extra time to use anywhere else so that you will not have to worry about cooking all the time. Small and healthy pot dishes tips just to save the day.

Pressure Cooker makes cooking easy and save time also. This book will help you to get all the advantages provided by the instant pot cook pot It describes all the methods of cooking step by step. Moreover, there is an excellent collection of recipes for breakfast, lunch and dinner to provide you with more nutrients from your pressure-cooked meals. You need this book to enjoy healthy meal as well as a healthy life.

Nice format. Tables are great for quick reference. Recipes are not elaborate. So, you get good, solid info on the processes needed to use the pressure cooker. Then, you can apply that knowledge to similar dishes or add other ingredients. I liked it especially because I have an Instant Pot. Instructions are specific to that, but also include adaptations.

This wholesome practical guide contains all the instructions and tips needed to cook through instant cook pot. You cannot do without it if you want to get all the advantages of a pressure cooker. This book is also full with a lot of recipes for various dishes and instructions are clear and easy to follow. I am fond of cooking different types of meals those are great and not boring. I am sure it will help me a lot in the kitchen.

We all are now busy, so, we get a little time to prepare our meal. Instant pot cook pot provide us the opportunity of getting prepared our meal within a short time without little problem. This book allows me to use all the function of a cooker by sharing a user friendly guideline. It also included a lot of delicious recipes suitable to cook through instant cook pot. It ensures various dishes within a little time. I am pleased getting it.

[Download to continue reading...](#)

Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Nourishing and Delicious Meals (Pressure Cooker Recipes, Pressure Cooker) (Volume 1) The Complete INSTANT POT ONE POT Recipes Cookbook: 131 Healthy ONE POT Instant Pot Pressure Cooker Recipes For Every Mum (+Instant Pot Time Guide For Over 300 Recipes) Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) Instant Pot Cookbook: The Quick And Easy Pressure Cooker Guide For Smart People - Healthy, Easy, And Delicious Instant Pot Recipes Top 500 Instant Pot Pressure Cooker Recipes: (Fast Cooker, Slow Cooking, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner) The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow Cooker Desserts and more! Electric Pressure Cooker: 365 Quick & Easy, One Pot, Pressure Cooker Recipes For Easy Meals Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ...

(Rice cooker Recipes - Rice Cooker Cookbook) Instant Pot Pressure Cooker Cookbook: Top 50 Original Instant Pot Meals-Speed Up Cook Time And Use Up To 70% Less Energy The Healthy Instant Pot Pressure Cooker Cookbook: 120 Nourishing Recipes For Clean Eating, Paleo, AIP, Gluten Free, Vegan And Other Healthy Diets Electric Pressure Cooker Cookbook: 25 Best Electric Pressure Cooker Recipes for Busy People Emeril's Cooking with Power: 100 Delicious Recipes Starring Your Slow Cooker, Multi Cooker, Pressure Cooker, and Deep Fryer Everyday Instant Pot: 115 Delicious, Family Friendly Pressure Cooker Recipes The Big Book of Pressure Cooker Recipes: More Than 500 Pressure Cooker Recipes for Fast and Flavorful Meals The Instant Pot® Electric Pressure Cooker Cookbook: Easy Recipes for Fast & Healthy Meals The Instant Pot Pressure Cooker Cookbook: 101 Incredible Recipes for Busy Families! Rice Cooker Zojirushi Guide: The Best Recipes For Your Rice Cooker: Make The Best Tasting Rice Cooker Recipes Quick And Easy Delicious Under Pressure: Over 100 Pressure Cooker Recipes (The Blue Jean Chef) The Ultimate Rice Cooker Cookbook: The Best Rice Cooker Recipes Cookbook You Will Find; Over 25 Mouthwatering Rice Cooker Recipes You Will Love!

[Dmca](#)