



## Pressure Cooker Made Easy: cookbook (Instant Pot) (Volume 1)

By Natasha Brown

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 112 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. MASTER YOUR INSTANT POT: Delicious, Nutritious Recipes That Teach you How to Use Your Instant Pot to Its Maximum Potential Join the latest culinary craze and experience the flavourful health benefits and time saving convenience of the instant pot, the seven in one multi-cooker that has become an all-time online best-seller! This instant pot pressure cooker book is filled with nutritious and delicious recipes that also guide and teach you about the many functions of this third generation digital multi-cooker. Here are just some of techniques you will master: Pressure cooking, the new safe, quiet, convenient way Cook perfect rice, EVERY TIME Prep and cook whole grains, beans and legumes for maximum flavour and nutrition Make your own healthful, organically sourced yoghurt Prepare steel-cut oats for a healthy and convenient morning meal Saut and brown the instant pot way Cook and savour mouth-watering and good-for-you instant pot recipes What happens when you pair up a happy-go-lucky chef and a fitness-trainer cook to write a recipe book together Join our dynamic duo, authors Victor and Nina and find out, as they check and balance one another to create one...



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