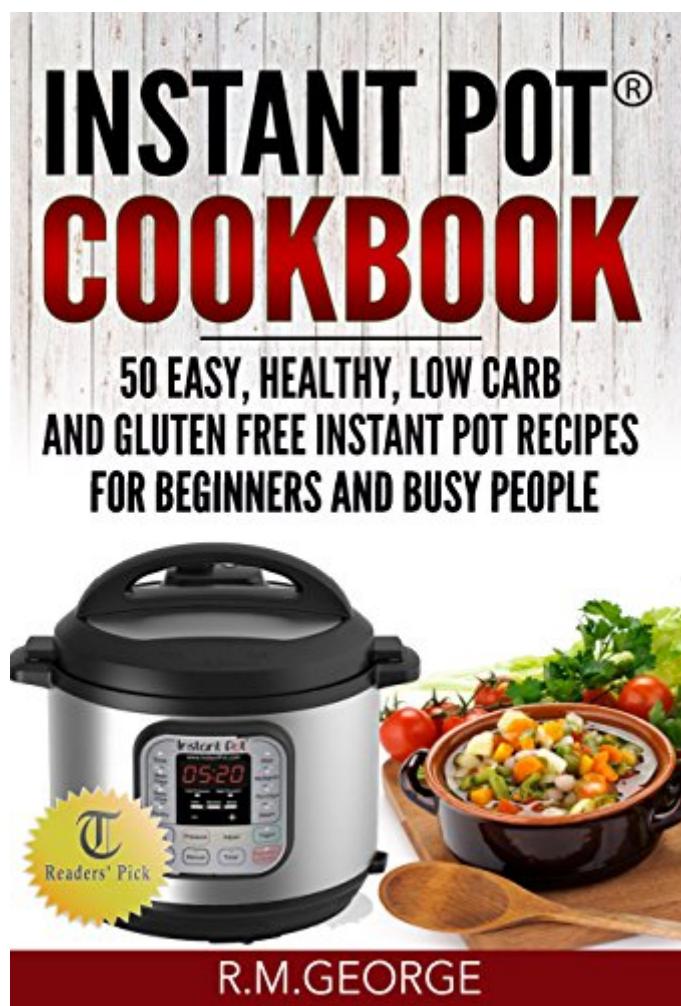


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# Instant Pot® Cookbook: 50 Easy, Healthy, Low-Carb & Gluten-Free Instant Pot® Recipes For Beginners And Busy People!



## Synopsis

If you are looking for a way to provide your family and loved ones with healthy meals that are not going to take too much of your precious time to prepareâ "this book is the answer to your prayers! Within these pages, you will find a wonderful collection of healthy recipes that will have your loved ones begging for more. Your Instant PotÂ® will be a great kitchen tool which will make your life a lot easier when it comes to preparing family meals that are full of beneficial ingredients to help you keep off the excess pounds and keep you and your loved ones healthy and strong. We live in a fast-paced world. Often, just preparing a meal for our loved ones can feel challenging, especially after a long, hard day at work. Think of how nice it would feel to walk in the front door and smell the lovely aroma of dinner ready and waiting for you to dish out and enjoy with your loved ones. With a little planning and effort, this could be part of your daily lifestyle! Feel good, knowing you are offering your loved ones a great, healthy meal at the end of a tiring day. Not only will you be eating healthier, home-cooked meals with the Instant PotÂ® and the recipes in this cookbook, but you will save money when you avoid eating out at fast food restaurants. Youâ™ll also have more quality time to sit down with your loved ones and share a meal when youâ™re not spending so much time in the kitchen. This Instant PotÂ® Cookbook Offers Something for Everyone:â ¢Nutritional Factsâ ¢Cooking Timeâ ¢Low-Carb Recipesâ ¢Vegetarian Recipesâ ¢Family Friendly Recipesâ ¢Gluten-free Recipesâ ¢Low-Fat Recipesâ ¢Breakfast Recipesâ ¢Lunch Recipesâ ¢Dinner Recipesâ ¢Bonus Recipes! Thank you, everyone. If you liked this labour of love, please leave a review on . âœStay Calm and IP On!â •

## Book Information

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## **Customer Reviews**

Very disappointing. This is a collection of recipes, probably gleamed from the internet, that are either family friendly or gluten free or vegetarian or low carb. I was looking specifically for low carb gluten free recipes but there are recipes for strata that require bread, chicken noodle soup calling for noodles, meatballs calling for bread crumbs. And there are no nutrition guides to resource to confirm carb load. Very misleading!

Not sure where my cookbooks went after our move, so I got this with my kindle account for free and gave it a shot. I made the mozzarella lime chicken and it was very good. The chicken was a bit frozen and I doubled the recipe. I cooked a bit longer than the instructions but it still came out raw in the center, so I had to recook it. I wish this book, and all of them I've ever downloaded, had instructions on doubling the recipe with pressure cook times. I also really wish they would put links in the digital book. This one has links from the table of contents to each recipe where you can just click on the recipe and it takes you there. But, if you decide on another recipe or were just browsing, there is no link to take you back to the table of contents so there is a lot of scrolling required. I took off a star for ease of use.

The recipes in this book are absolutely mouth watering!! It was fun to sit and go through them all one evening. Page after page, you will find healthy, low carb and gluten free dishes that you can't wait to try. The struggle is real trying to find gluten free recipes that are healthy and delicious. This collection definitely delivers. I also love the pictures that are included. That's a very important component for me in a cookbook. I definitely recommend this chef and this cookbook!

I love using my instant pot. Lets be honest if you aren't careful you end up making the same thing week after week. I love all the recipes in this book, The recipes are easy to follow and taste great. The book is well written!

I love my instant pot cookbook. recipes are good and easy to follow. I haven't tried them all but read them. Will be trying more soon.

Received from author for review have used several of the recipes so far the hubby likes:-D

Love this cookbook!!! Great recipes.

Great cookbook!

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