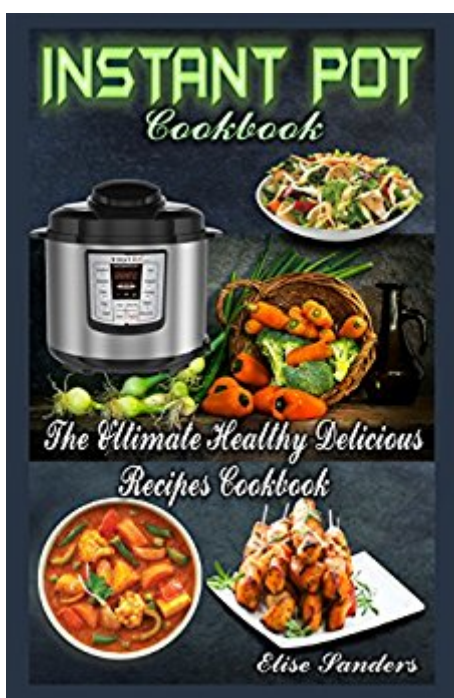


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# Instant Pot Cookbook: The Ultimate Healthy Delicious Recipes Cookbook ( (Healthy Eating, Slow Pressure Cooker Recipes Book, Clean Eating, )



## Synopsis

Instant Pot save you money!! Instant Pot save you Energy!! This Instant Pot Cookbook will provide your Family all healthy, nutritious, delicious meals, which will improve your lifestyle. Instant pot is a new and innovative way to revolutionise your home cooking, saving you energy and creating delicious, nutritious meals for you and your family. Just imagine if you could eat healthy, delicious food whilst also keeping fit and lean. Well you don't have to imagine anymore because the possibility is right here between these pages! I hope you all enjoy reading my instant pot cookbook and making these recipes at home. You are what you eat, so stay healthy! Here's what you'll get from my book: **INSTANT POT COOKBOOK The Ultimate Healthy Delicious Recipes**  
Cookbook Introduction  
Chapter 1 : Most Healthiest Spices  
Chapter 2 : Seafood Recipes  
Chapter 3: Chicken Recipes  
Chapter 4: Pork Recipes  
Chapter 5 Beef Recipes  
Chapter 6 Turkey Recipes  
Chapter 7 Lamb Recipes  
Conclusion  
Don't wait!!! Don't Wait!!!! " Get your Copy of this Instant Pot Cookbook TODAY & Get the Most Benefits out of them!

## Book Information

File Size: 5798 KB

Print Length: 86 pages

Publication Date: February 20, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B06X6MY7YT

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #422,543 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36

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## Customer Reviews

This is a really good book on how to make the most out of an instant pot cooker. I've read a few of these books and I am always on the lookout for new recipes, as you can never get enough new recipes! So there are lots of good recipes, but what I particularly like apart from the large number of recipes is that at the beginning of the book the author provides an extensive introduction, which also provides a detailed overview on how your instant pot cooker works as well as a detailed outline regarding interesting spices which you can use to make your recipes more exciting. I really appreciated this as many authors just throw in a bunch of spices into their recipes without any reference as to why they are using them! So definitely a book which I would recommend if you're looking to find the best way to use your instant pot cooker!

I love that these recipes are so easy AND healthy! There is even a chapter about the healthiest spices so you take what you learn in this cookbook and apply to other meals. This cookbook offers recipes for seafood, chicken, pork, beef, turkey and lamb. The instructions were easy to follow and the pot made preparation even easier!

Another book is sent to the shelf of my kitchen. Recipes are simple, understandable, useful. I've already tried more than half of the recipes from this book and I can say that I like everything.

Fantastic product. As a medical student, I have little to no time for cooking. This device helps me save time by cooking food quickly, and it automatically keeps your food warm in case you need to head out but want a warm meal when you get back. This device really is a time saver and is super efficient. Some of the food items I use it for include eggs, veggies, rice, potatoes, and meat. It really does it all in a short period of time.

A nice collection of recipes for your instant pot. Mainly includes meat only recipes. Cannot wait to try seafood ones. Wish there were pictures of the dishes though.

I think it has some very interesting recipes for pork dishes. This book also shows and explains on how a pressure cooker works

I think self-publishing is a great option, but at least make the effort to get your work proof-read before marketing it. I have three major complaints about this item: 1. Much of the text reads like a poorly translated fortune cookie. Whether it's a language issue or just careless, it's off-putting. Add

to that the number of misplaced punctuation marks and other typos and it comes across more like a school project than something to spend \$13 on.<sup>2</sup> The references to specific Instant Pot functions are inconsistent and incomplete. I purchased this book with my Instant Pot as a guide to help me learn how to use the cooker - I have plenty of cookbooks around already - what I needed was something beyond the recipes that came with the Instant Pot that provided details instructions for how to use the pot. Some of the recipes give you some guidance as to which functions to use and for how long, etc. Others aren't nearly as detailed. When marketing an "Instant Pot" cookbook, tailor it to Instant Pot use and help the reader by explaining exactly how they are using their cooker.<sup>3</sup> I find it frustrating when a cookbook is marketed as "healthy" but then fails to include nutritional information for the recipes. At the very least, a calories per serving should be present. If someone is purchasing a cookbook for healthy cooking, likely they would like to have some idea as to just how healthy something is. They may be counting calories or even tracking things like protein, carbohydrate, fat consumption, etc. - this is information that should be included alongside any recipe being touted as "Healthy". Flipping through this little book, I think the author just figured - hey using an Instant Pot can be healthy, so I'll slap that on my cover and sell a few more copies. Until I sit down and spend the time to break down the recipes and determine their nutritional composition, I can't say with any certainty that they are "healthy" - I'm sure that you can cook unhealthy stuff in the Instant Pot, too...

This is the worst cookery book I have ever purchased Definitely not worth £10.43 I buy cookery books all the time at the most it is only worth about £3.99 I just wanted a UK version on the Instant pot I was so looking forward to receiving this from Suzann-marie

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