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Weight Watchers Instant Pot Smart Points Recipes: The Ultimate Weight Loss Recipes for Your Instant Pot Includes Smart Points and Nutrition Informatio (Paperback)

By Smart Eater

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Will Santa bring you an Instant Pot for Christmas? If not, you II want to treat yourself to one. Cooking with a pressure cooker like the Instant Pot is much like slow cooking except you don t have to think about your recipe 4-8 hours ahead of time. This is perfect for someone who generally busy and If you re watching your weight, you II love putting your pressure cooker to work with this Weight Watchers Instant Pot Recipes Cookbook Pressure cooking has many advantages, among which saving time energy, preserving nutrients and eliminating harmful micro-organisms from food are most significant. Saving Time Energy Foods are cooked much faster by pressure cooking than by other methods. Typically electric pressure cooking and a fully insulated external pot, much less energy is required, saving up to 70 of energy comparing with boiling, steaming, oven cooking or slow cooking. Electric pressure cookers are the second most energy efficient cooking appliance after microwaves. Electric pressure cookers, such...



Reviews

This publication can be really worth a go through, and superior to other. It is amongst the most amazing publication we have go through. You wont feel monotony at anytime of your own time (that's what catalogues are for about when you request me). -- **Ms. Elda Schaden MD**

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Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....

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