



# **The Healthy Instant Pot Pressure Cooker Cookbook: 120 Nourishing Recipes For Clean Eating, Paleo, AIP, Gluten Free, Vegan And Other Healthy Diets**

*Paula Corey*

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Save Time And Cook Healthy Meals In Your Instant Pot Pressure Cooker! The Instant Pot is a versatile kitchen appliance that provides many tools in one. It helps you to save a lot of cooking time and create delicious and nutritious meals at the same time. In The Healthy Instant Pot Pressure Cooker Cookbook, Paula Corey presents a mix of 120 recipes cooked in the Instant Pot Pressure cooker. While the recipes in this book can be enjoyed by all, they have been carefully selected to cover a range of dietary needs – Clean eating, Paleo, AIP, Gluten free, Vegan and other healthy diets so you can easily find the recipe that is right for you. Here you will find: – An introduction and valuable tips for using the Instant Pot Pressure Cooker – 120 Recipes with great variety conveniently grouped under: Breakfast And Brunch, Soups, Stews, And Chilies, Poultry Main Dishes, Beef And Lamb Main Dishes, Pork Main Dishes, Seafood And Fish Main Dishes, Rice And Pasta Recipes, Vegetable Main Dishes, Side Dishes, Desserts, Dips And Appetizers. – All recipes with details for serving size, preparation time, pressure cooking time and step-by-step description. – Each recipe clearly labeled according to dietary requirements: Clean Eating, Paleo, AIP, Gluten Free and Vegan. The recipes include: Cheesy Sausage Scramble, Spicy Chicken Chili, Sweet And Sour Mango Chicken, Easy Braised Short Ribs, Sweet And Zesty Pulled Pork, Seafood Chowder, Risotto And Peas, Butternut Squash Soup, Maple Glazed Carrots, Caribbean Rice Pudding, Honey Glazed Chicken Wings and much more!

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