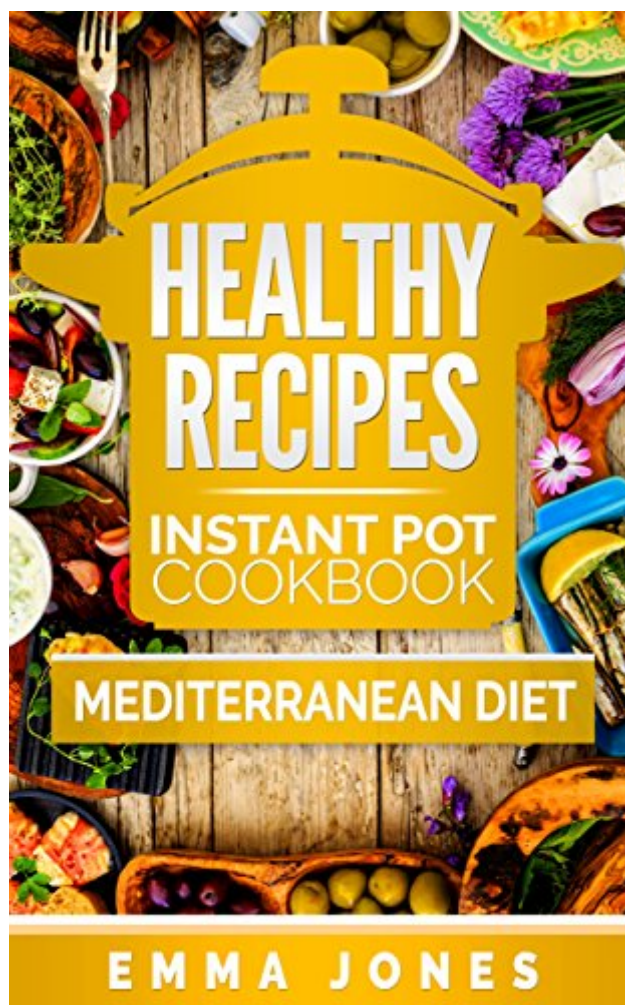




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# Healthy Recipes: 2 Manuscripts- Instant Pot Cookbook And Mediterranean Diet (Instant Pot, Pressure Cooker, Mediterranean Diet)





## Synopsis

This book, Healthy Recipes: 2 Manuscripts- Instant Pot Cookbook And Mediterranean diet is

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manuscripts. Book1: Instant Pot Cookbook: Recipes For Your Pressure Cooker Book2:

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## Book Information

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I like cooking. But I don't know what is good for my health. This book starts out about how and why to eat healthier, nothing new about this, but always interesting see another persons point of view on it. Then its followed by the recipes and how they are supposed to heal certain things by eating certain foods, or making recipes with a variety of foods to make you healthier. Most recipes in this book are simple and easy to prepare. I like some recipes in this book:-

Bã•Â kÃ•Â d  
Ã•Â Ã Â¿tÃ•Â tÃ•Â Â¿ skins- BÃ•Â Ã•Â k bÃ•Â Ã•Â n diÃ•Â - TÃ•Â Ã•Â...Ã•Â s Ã•Â.Ã•Â viÃ•Â r-  
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Ã•Â Â¿niÃ•Â Â¿ns) - Ã•Â.Ã•Â hiÃ•Â.Ã•Â kÃ•Â Ã•Â Ã•Â -Ã•Â Ã•Â rslÃ•Â Ã•Â f-dill diÃ•Â -  
JÃ•Â lÃ•Â Ã•Â Ã•Â Ã•Â Ã•Â Â¿ Ã•Â.Ã•Â hÃ•Â Ã•Â sÃ•Â diÃ•Â

I was glad to have bought this book since I am not an expert in using pressure cooker as a means of preparing meals. This book helped me learn tips and the basics of operating a pressure cooker with timing since it cooks the food much faster than the regular stove. The recipes are great and have already tried a few of them. The good thing about this book is that its not only limited to the regular food but also has pasta, beans and other easy to prepare dish.

What I like about this book is, the author did not complicate each recipe. The recipes contain simple ingredients and she puts a little twist on it so the food will have an amazing taste. Most healthy recipes are either blunt or just plain, but this book, it serves you healthy foods but full of flavored recipes. If you are looking for a healthy recipe but it has an amazing taste. This is the best choice..

This book contains excellent recipes of the Mediterranean diet. For me, this book is very good because all the meals are prepared in a pressure cooker. Since I have the pressure pot I am preparing all the dishes in it, and my husband loves the Mediterranean diet, and this book is for me very helpful. Here I found a lot of good recipes and new ideas. Sincere recommended!

Everyone liked this book except for me. To quote Ms Worley from Laugh In, "BOOOORRRRRRRRINGGGG!" No photos and the recipes are just "eh" for me.

Nicely written. It was good having a Mediterranean cook book. All I can say is, this book has a delicious and healthy recipes as it said in the title. It is well detailed and the there are directions to follow. There are a lot of recipes in it that I could serve on the Thanksgiving day here! Yay! Well, our precious pressure cooker is happy with what I came up with. I'm gonna start with Hummus and well, I love Mediterranean salad so I would really love to serve it really soon on my birthday~

Wow,Amazing book.Introduce 2 manuscript of instant Pot cookbook and Mediterranean diet which are both useful and beneficial for our health.There are so many recipes which are tasteful and easy to follow.We can still eat food but our diet cannot be affected.Worth recommended.

This book is a great source of Pot cookbook and Mediterranean healthy recipes. I love recipes described in this book. I have tried some of the recipes also and those were very delicious. I would recommend this book to anyone who would like to try healthy recipes.

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