



The Skinny Pressure Cooker Cookbook: Low Calorie, Healthy & Delicious Meals, Sides & Desserts. All Under 300, 400 & 500 Calories

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**The Skinny Pressure Cooker Cookbook
Low Calorie, Healthy & Delicious Meals, Sides & Desserts. All Under 300, 400 & 500 Calories.**

The Pressure Cooker is an invaluable addition to the kitchen. Modern electric pressure cookers are safe, easy to use and perfect for cooking delicious & nutritious family meals in a fraction of the time traditional cooking methods require.

The Skinny Pressure Cooker Cookbook is a collection of carefully selected, fail-safe pressure cooker meals for the health conscious cook.

Every recipe falls below 300, 400 and 500 calories which means you can enjoy nutritious, delicious meals whilst still managing your weight.

With our tasty pressure cooker recipes you will be cooking faster, healthier meals....the Skinny way.

Recipes include:

Italian Wedding Soup

Pumpkin Soup With Black Beans

Squash Soup With Chicken & Apples

Baked Tilapia With Shrimp Sauce

Ginger Orange Roughy Filets With Sweet Potatoes & Carrots

Turkey Spinach Lasagna

Turkey Meatball Stew

Chicken Breast Piquant With Fingerling Potatoes

Beef Bourguignon

Beef Brisket In Beer

Pot Roast

One-Pot Spaghetti

Cuban Beef With Red Cabbage

Sweet Potatoes With Apricots

Savory Spinach Dip

Dark Chocolate Pudding In A Jar

Easy Rice Pudding With Raisins

Pressure Cooker Apple Pie

And many more.....

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Jerry Blair:

A lot of people always spent their particular free time to vacation as well as go to the outside with them family members or their friend. Did you know? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity honestly, that is look different you can read a new book. It is really fun for yourself. If you enjoy the book that you read you can spent the whole day to reading a e-book. The book The Skinny Pressure Cooker Cookbook: Low Calorie, Healthy & Delicious Meals, Sides & Desserts. All Under 300, 400 & 500 Calories it is extremely good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. Should you did not have enough space to develop this book you can buy the actual e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not to fund but this book provides high quality.

Susan Negri:

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