



**Electric Pressure Cooker Cookbook: Delicious,
Quick And Easy To Prepare Electric Pressure
Cooker Cookbook Recipes You Can Cook Tonight!
(Electric ... Electric Pressure Cookbook) (Volume
1)**

Sammy Nindale

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Electric Pressure Cooker Cookbook: Delicious, Quick And Easy To Prepare Electric Pressure Cooker Cookbook Recipes You Can Cook Tonight! (Electric ... Electric Pressure Cookbook) (Volume 1)

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Delicious, Quick And Easy To Prepare Electric Pressure Cooker Cookbook Recipes You Can Start Making Tonight More and more people are slowly discovering the use of pressure cooking and its benefits. Pressure cooking does not create any chemicals which are generally created with baking and grilling. Studies show that the longer you cook your food, the more liquid you will use and in the process lose more nutrients. High heat damages some of the nutrients of the food but pressure cooking the food heats the food for a shorter time, thereby keeping the nutrition intact. And therefore making for some delicious electric pressure cooker meals! These days we like healthy meals but we want them fast. We don't like to spend as much time in the kitchen, yet are health conscious. Now it is more of a compulsion than a passion. Everyone generally lives a hectic schedule and has no time for cooking. Taste preferences have also changed with time. People are more concerned about health and nutrition; they want convenience as well as speed. The answer to this lies in pressure cooking...

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Courtney O'Donnell:

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