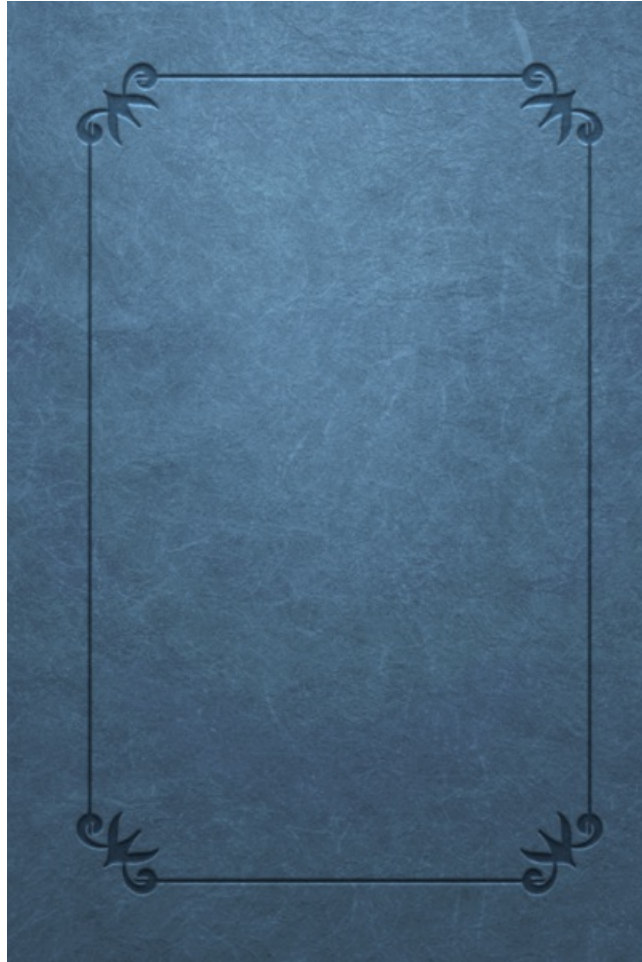


# The Fresh and Healthy Instant Pot Cookbook



**Author: Megan Gilmore**

# Download: The Fresh and Healthy Instant Pot Cookbook Ebook Free (PDF, ePub, Mobi) by Megan Gilmore

Eating healthy gets a whole lot easier with this delicious collection of 75 recipes--each one photographed--for nutritious and satisfying meals made quickly in your electric pressure cooker, all developed by a certified nutritionist and cookbook author for maximum health and flavor. In The Fresh and Healthy Instant Pot Cookbook , Megan Gilmore presents recipes that use easy-to-find, whole-food ingredients for simple weeknight meals from morning to night--through the revolutionary cooking power of the Instant Pot, an electric, programmable multicooker. There are gluten-free options for each recipe, and all recipes are free of refined sugar and many of the most common food allergens, yet don't scrimp on flavor. With dishes like Korean Chicken Bowls, Eggplant Parmesan Bake, Peanut Butter Crunch Granola Bars, Flourless Banana Oat Bread, and One-Pot Chocolate Cake and Frosting, following a healthy diet while enjoying your favorite whole foods has never been more achievable. Every recipe is photographed in this highly visual and information-rich collection, and also includes nutritional information (calories, fat, carbs, fiber, and protein) and detailed timing for prep, coming to pressure, cook time, and release time.

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