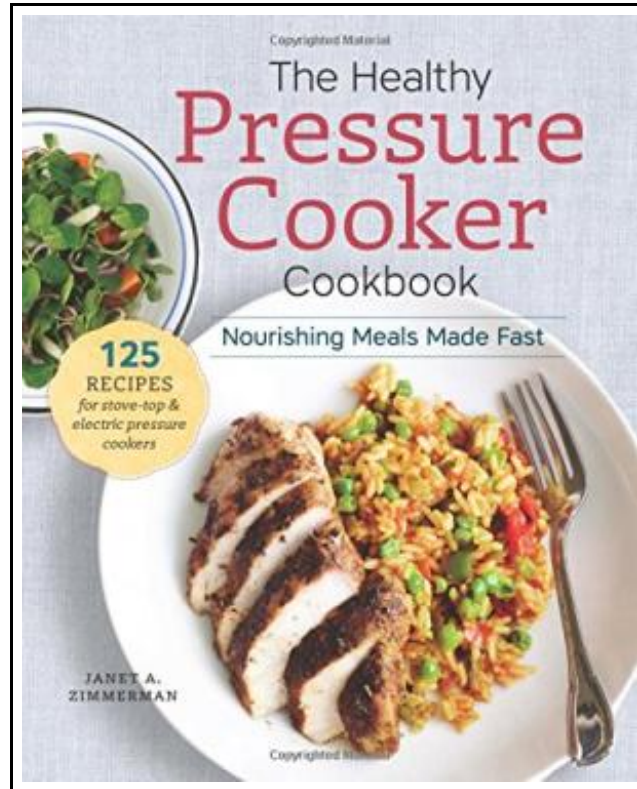


Healthy Pressure Cooking: Nourishing Meals Made Fast



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HEALTHY PRESSURE COOKING: NOURISHING MEALS MADE FAST



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- o 125 whole-food recipes, from bone broth to caramelized garlic to Indian curry spareribs, and more.
- o A serious discussion on the truth about healthy cooking
- o Advice on how to adapt a stovetop pressure cooker recipe for an electric PC
- o Recipe cooking times will include specifics for both stovetop and electric pressure cookers
- o Recipe labels indicating suitability for Paleo, vegetarian, vegan, and gluten-free diets
- o Nutritional information on every recipe
- o A chapter of one-pot meals for the ultimate in convenience

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