



Paleo Cooking With Your Instant Pot: 80 Incredible Gluten- and Grain-Free Recipes Made Twice as Delicious in Half the Time

Jennifer Robins

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Make Delicious Paleo Meals From Scratch in Half the Time

Slow cook, steam, sauté and pressure cook all with one pot. Jennifer Robins, creator of Predominantly Paleo and bestselling author, will show you how to drastically cut cooking time for your Paleo dishes in your Instant Pot®. Recipes include Decked-Out Omelet, Legit Bread Under Pressure, Honey Sriracha Chicken Wings, Pressure-Cooked Sirloin Steak and Hidden Spinach Bundt Cakes.

Whether you're new to the Instant Pot® or a seasoned pro, *Paleo Cooking with Your Instant Pot®* will show you everything this cooker is capable of and help you prepare healthy, delicious meals in no time.

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useful data for your better life on this era. So now let us explain to you the relaxing pattern at this point is your body and mind will probably be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

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