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Larry Haber

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Electric Pressure Cooker Healthy Recipe Cookbook. Sometimes in life's hectic pace we can't seem to find the time to prepare the proper meals to keep ourselves and our family healthy, fit and trim. Fast food, junk food and processed foods seem to be the easy way out. This kind of life style will most likely lead to health and weight problems in the future if it hasn't already. Eating right can make feel better in ways you will never realize until you actually do it. Ailments that you have been living with all your life can suddenly disappear just from changing your eating habits. There are many books available about eating healthy but this book is about preparing these healthy meals fast. Electric Pressure cooking allows you to prepare healthy meals in on third the time of conventional cooking. Use this recipe book to prepare healthy, gluten free, paleo compliant recipes and use the ideas to create your own. Stay healthy!

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