

FULL BOOK Fix-It and Forget-It Instant Pot Diabetes Cookbook: 127 Super Easy Healing Recipes by Hope Comerford

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127 recipes for diabetics for your Instant Pot. New in the New York Times bestselling Fix-It and Forget-It Series! With full-color photography! Meal planning can be tough when you or someone in your family has diabetes. Fix-It and Forget-it Instant Pot Diabetes Cookbook is here to help! Here are 127 easy-to-prepare recipes that you can mix and match to make your breakfasts, lunches, dinners, snacks, and desserts a snap! You want to put a delicious meal on the table for your family without worrying whether its going to fit your dietary needsand certainly without spending hours in the kitchenor in the grocery store searching for exotic ingredients.Complete with nutrition information for each recipe, Fix-It and Forget-it Instant Pot Diabetes Cookbook is filled with comfort food that you can pull together in a hurry when unexpected company arrives, when youre going to a potluck, or anytime youre busy (which is pretty much every day, am I right?).In these pages youll find recipes thatare delicious and a snap to prepare in your Instant Potinclude dietary information so you can eat with confidenceoffer step-by-step instructions that virtually anyone can followEach recipe includes prep time and cooking time, so you know exactly what to expect. Recipes includePotato Bacon SoupSouthwestern Bean Soup with Corn DumplingsChicken with Spiced Sesame SauceBeef BurgundyQuick Steak TacosApple Walnut SquashWine Poached PearsAnd many more!With full-color photos throughout, this is the everyday cookbook you will return to again and again.


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 Difficulté Très facile

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Sommaire

Étape 1 -
Commentaires

Matériaux Outils

Étape 1 -

