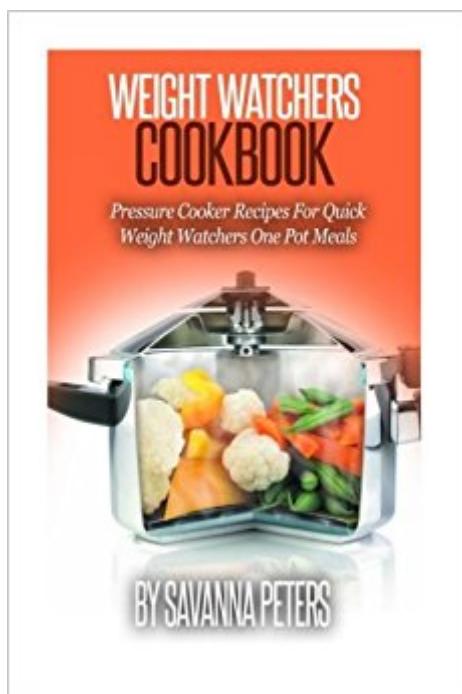


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# Weight Watchers Cookbook:Pressure Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals



## Synopsis

Finally Stress Free Healthy Dinners with these Quick & Easy Weight Watchers Pressure Cooker Recipes \*\*\*PURCHASE TODAY AND RECEIVE A FREE BONUS! !\*\*\* If you want to prepare quick & easy meals and then this recipe book is for you.... THIS RECIPE BOOK was created for people like you who are BUSY but still want to have a homemade Weight Watchers meal for dinner and not spend hours preparing it. The best part about these recipes is that each recipe can be prepared and cooked with very little time and effort ! The best part about pressure cookers, however, is how compatible they are with various diets. The Weight Watchers diet, in particular, is one that you can continue with ease when you purchase and start to utilize a pressure cooker, as the modes of preparation will allow you to remain faithful to the guidelines. No matter what type of Weight Watchers recipe you are trying to whip up, the pressure cooker is the tool that you should turn to if you want to prepare healthy meals in half the time. One of the benefits of using this piece of equipment is that it yields a much healthier dish, seeing as there is no frying involved to get that rich seared and steamed taste. Throughout Weight Watchers Pressure Cooker Recipes, you will find a plethora of dishes that you can prepare using your pressure cooker to make delicious Weight Watchers meals for yourself and for your loved ones. They will appreciate not only the taste, but the high nutrient value that is packed in everything you make! HERE ARE JUST A FEW OF THE AMAZING RECIPES INSIDE THIS BOOK Â¢â ¬Â¢ Weight Watchers Pressure Cooker Beef Carbonade Â¢â ¬Â¢ Weight Watchers Pressure Cooker Black Beans & Pork Chops Â¢â ¬Â¢ Weight Watchers Pressure Cooker Barbacoa Beef Â¢â ¬Â¢ Weight Watchers Pressure Cooker Cabbage Soup Â¢â ¬Â¢ Weight Watchers Pressure Cooker Pork & Hominy Stew Â¢â ¬Â¢ Weight Watchers Pressure Cooker Asian Pork Roast Â¢â ¬Â¢ Weight Watchers Pressure Cooker BBQ Chicken Â¢â ¬Â¢ MUCH MUCH MORE! Download Now for Instant Reading by Scrolling Up and Clicking the Buy Button

## Book Information

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## Customer Reviews

Pressure cooker are designed to easily cook meals. This book really helps me a lot specially with my meals to easily prepare it and have it even with just limited time limit. Even though having a hectic schedule, this book really came to ease when it comes to cooking my meals without having to alter the nutrients of the food that I need. I am so thankful to have this one for sharing great knowledge about it and healthy recipes that I can prepare even with the niche of time.

This book has some good recipes. The editorial and layout is rough. But the writer is trying to fill a gap from weightwatcher's lack of pressure cooker recipes.

I'm going to give this three stars with an option to change it up or down once I make a few of these dishes. Reading through the published book, at least one of the recipes requires special equipment ( a Tupperware Microwave Pressure Cooker), some have glaring mistakes that should've been picked up by the author or copy editor. For example, the recipe on pg 19 of the book requires as an ingredient smoked pork chop (?) and then in instructions starts talking about ham hocks (nothing about a smoked pork chop). On pg 39 the author asks us to brown steak in 24 teaspoons of peanut oil. I'm still counting. Some recipes don't specify high vs low pressure, and many pressure cookers these days, electronic and otherwise, have both. Lastly there are only 50 recipes in the book, two of which are for broth and stock, No pictures, in a very low tech publication. So, as I say, I haven't made any recipes yet, if they are really good, I will be back to report on that, but the jury is still out. \*\*\*Post making several recipes I've upped it a star as they did come out tasting pretty good. I made them all on high pressure (about 11 psi in the Instant Pot) and used my judgement when some of the instructions were less than instructive.

Can't use because it's ONLY for stove-top pressure cookers! Returning.

Not a cookbook, just a pamphlet. No recipes I haven't seen before. I asked for a refund. Waste of money.

not many recipes at all in this book, but fast shipping

One can never have too many pressure cooker recipes. Very handy!

good book

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