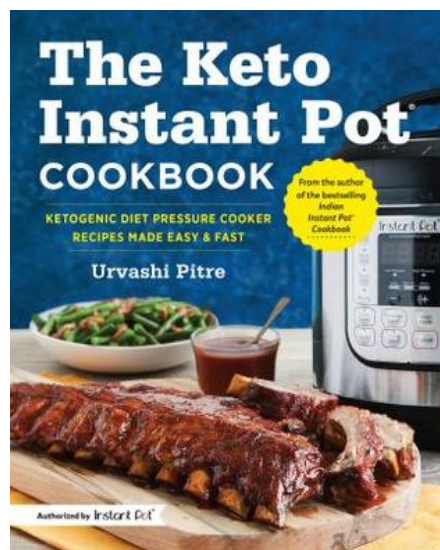




The Keto Instant Pot Cookbook: Ketogenic Diet Pressure Cooker Recipes Made Easy & Fast

Urvashi Pitre

Download now

Read Online ➔

The Keto Instant Pot Cookbook: Ketogenic Diet Pressure Cooker Recipes Made Easy & Fast

Urvashi Pitre

The Keto Instant Pot Cookbook: Ketogenic Diet Pressure Cooker Recipes Made Easy & Fast Urvashi Pitre

The Keto Instant Pot Cookbook: Ketogenic Diet Pressure Cooker Recipes Made Easy & Fast Details

Date : Published March 20th 2018 by Rockridge Pr

ISBN : 9781641520430

Author : Urvashi Pitre

Format : Paperback 183 pages

Genre : Food and Drink, Cookbooks, Cooking, Health, Food



[Download The Keto Instant Pot Cookbook: Ketogenic Diet Pressure ...pdf](#)



[Read Online The Keto Instant Pot Cookbook: Ketogenic Diet Pressur ...pdf](#)

Download and Read Free Online The Keto Instant Pot Cookbook: Ketogenic Diet Pressure Cooker Recipes Made Easy & Fast Urvashi Pitre

From Reader Review The Keto Instant Pot Cookbook: Ketogenic Diet Pressure Cooker Recipes Made Easy & Fast for online ebook

Cheryl Sharp says

Great straightforward keto cookbook

She does a great job of explaining the basics of the ketogenic diet and using the Instant Pot. There are a variety of recipes from simple with familiar ingredients to some I've never heard of and can't pronounce. The recipes I've tried so far have been very tasty, and it's fun to get out of my comfort zone. I live in a rural area, and some ingredients will have to wait till I get to a larger town or order online. It would be helpful to have a picture of every recipe. For some of them I have no idea how they're supposed to look or taste. Now off to find gochujang so I can make galbijjim :-)

Jessica says

I pre-ordered this book, and received it on its release date. As expected, it's fantastic! Well organized, and tons of recipes in excited to try, mixed with a good number I've made from Urvashi's blog.

I originally found Urvashi when I was searching for Instant Pot recipes, and started using her site more often when I started a keto diet in 2017. Certainly, you don't need to follow keto to enjoy these dishes though. Her recipes are the perfect combination of flavorful, easy, and delicious! She's most famous for her butter chicken recipe, which is included here. If you haven't tried it yet, it's a great place to start. ? Thank you, Urvashi...I'm looking forward to cooking my way through your entire book!

Stephanie says

Needs more photos.

Jill Clark says

Great cookbook

Very informative with delicious recipes. These recipes use easy to find ingredients and are quick to make in my instant pot.

Muyfifi says

Quite frankly, I cheerfully buy Urvashi Pitre's cookbooks because I know her Instant Pot recipes will work, taste amazing, and typically they are painfully easy!

allysther says

Simply the easiest and tastiest foods

I do not follow a Keto diet, I follow a tasty foods diet. I also use my Instant Pot a few times every week. This is the second cookbook from this author and home cook, and she has managed to curate an amazing list of tasty foods. The fact that they fall within certain dietary guidelines is useful, but don't let it stop you if you are just looking for a collection of tasty (and tested) recipes.

kattie says

The keto Instance Pot Cookbook

I liked this book. I look forward to reading more of her books. I recommend everyone to read this book.
Kattie

Carol Mccann says

Another wonderful cookbook by Urvashi Pitre

This cookbook contains information about the Keto Diet. Many recipes available to choose from. This book also contains cooking times for various food items in the instant pot and measurement conversion. Nothing boring about the recipes. I recommend this book. Thank you Urvashi for another great cookbook.

doreen Garrett says

The book I've been looking for, for what seems forever!

The title says it all. What a great book for everyday keto cooking and/ or entertaining. Thank you! I look forward to more books by Urvashi...

Carissa says

Everything sound yummy! Can't wait to try her recipes!
