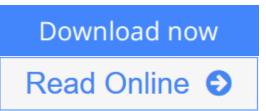


Electric Pressure Cooker Recipes: 101. Delicious, Nutritious, Low Budget, Mouthwatering Fitness Cookbook (Energy) Cookbook

By Heviz's



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**Pressure cookers have been around for a long time, but the thought of using one still does not appeal to some.** This reluctance may be due to childhood memories of a screeching pressure cooker followed by an explosion that sent the evening's dinner splattering all over the ceiling in the kitchen.

Many people can remember that as children they were hurried out of the kitchen whenever the pressure cooker was on the stove. Eating foods that are pressure cooked offers more nutritional boost than those cooked for longer periods using traditional cookware. The longer foods are cooked, the more nutrients are destroyed.

**Pressure cooking is far more efficient than using multiple pots on separate burners, and can result in significant energy savings.** This is because pressure cookers lend themselves to one-pot cooking recipes.

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