

Download *Skinnytaste One and Done* Free eBook PDF/ePub/Mobi - Gina Homolka & Heather K. Jones



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A Best Book of 2018:

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For your Instant Pot®, electric pressure cooker, air fryer, slow cooker, multi-cooker, Dutch oven, sheet pan, skillet, and more--140 healthy and delicious recipes that are big on flavor and low on calories and cleanup.

Skinnytaste One and Done is the perfect resource for busy home cooks looking for easy, good-for-you dinnertime solutions. #1 *New York Times* bestselling author Gina Homolka incorporates her healthy, flavor-forward recipes with everyone's favorite way to cook—in one vessel, whether a sheet pan or multi-cooker, and everything in-between. No matter if you'd like to lose weight or just eat a little healthier, this book will make your weeknight dinner routine even simpler with satisfying, all-in-one recipes. Cooking in a single vessel means streamlined dinners with minimal fuss and cleanup—a huge plus after a long day.

The cookbook is organized by vessels that include everyday cooking equipment such as an Instant Pot®, a sheet pan, a Dutch oven, a skillet, a slow cooker, and an air fryer. As always, the recipes are big on flavor and light on calories, and now more convenient than ever. With 140 healthy, family-friendly recipes, 120 full-color photos, nutritional information for every recipe, and Gina's signature cooking tips, *Skinnytaste One and Done* will be a weeknight game changer. Even if you don't own all of the appliances, Gina gives alternative cooking directions using everyday cooking equipment where possible, so you won't miss out.

(Please note that nutritional information is provided with every recipe, but the most up-to-date Weight Watchers points can be found online on the *Skinnytaste* website.)

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