



# Keto Instant Pot®

*130+ Healthy Low-Carb Recipes for  
Your Electric Pressure Cooker or Slow Cooker*

INTERNATIONAL BESTSELLING AUTHOR

**Maria Emmerich**

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# Keto Instant Pot: 130+ Healthy Low-Carb Recipes for Your Electric Pressure Cooker or Slow Cooker



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and much more! Using its ability to pressure-cook foods in only minutes, all in a single pot, this is a large time-saver for busy home cooks. You can even bake a cheesecake in it! A ketogenic diet plan that eliminates processed foods sometimes require a little more effort in the kitchen, so any time saved is an advantage. The recipes run the gamut from appetizers and sides to soups to primary dishes to sweet treats and also a few drinks, alongside some handy keto essentials. As a reward, Maria also contains slow-cooking instructions (which may be performed either in the moment Pot or in a separate slow cooker) for every recipe for those times when set-it-and-forget-it comfort takes precedence over the dependence on speed. In this reserve, international bestselling author Maria Emmerich presents a lot more than 160 delicious low-carb, high-extra fat keto recipes designed to be cooked in an Instant Pot or additional multi-cooker. Quality recipes include: Pumpkin Coffee Cake Easy Baked Eggs Buffalo Meatballs Crab-Stuffed Mushrooms Italian Poultry Chili Curry Beef Stew Philly Cheesesteak Pork Lettuce Cups Amazing Asian Pulled Pork Poultry and Bacon Lasagna Roll-ups Garlicky Tuna Casserole Lemon Ricotta Torte Chocolate Almond Fudge Homemade Root Beer ...THE MOMENT Pot is one of the hottest cooking tools around these days. It also find tips for success, alongside Maria' You' s tips for Quick Pot extras to consider purchasing to create keto food preparation easier. Add this useful kitchen appliance to your low-carb cooking arsenal and put it to good make use of for tasty and healthy keto meals! So what are you waiting for?



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