

# AIR FRYER AND INSTANT POT

## COOKBOOK



CRISTY **"CODE RED"** NICKEL

# CONGRATULATIONS!

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Hey, Cristy Code Red here, and I am SO excited you picked up this cookbook!

My Rebels have put together over 60 total air fryer and Instant Pot recipes for you!

There are main dishes, sides, and desserts, all ready to help you and your family shed the weight, feel better, and TAKE YOUR LIFE BACK.

If you don't have an air fryer yet, see one I recommend at [www.coderedlifestyle.com/airfyer](http://www.coderedlifestyle.com/airfyer).

If you don't have an Instant Pot yet, see one I recommend at [www.coderedlifestyle.com/InstantPot](http://www.coderedlifestyle.com/InstantPot).

Congratulations again, and enjoy!

- Cristy Code Red



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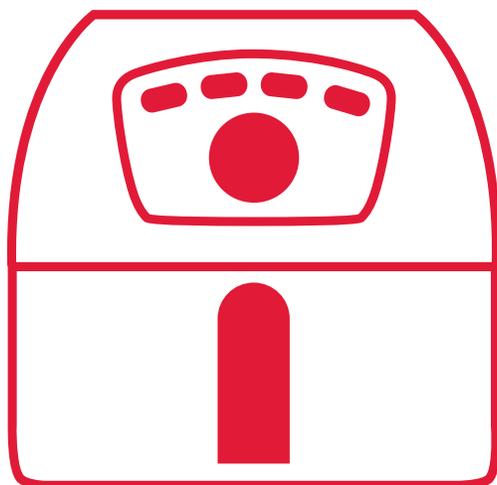
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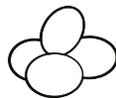
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# AIR FRYER RECIPES



# AIR FRYER MAIN DISHES



# CHICKEN STUFFED JALAPEÑO

## AIR FRYER POPPERS

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### INGREDIENTS

- » 8 medium jalapeños
- » 8 oz cream cheese softened
- » 2 cups shredded chicken
- » ½ tsp garlic powder
- » ½ tsp pepper
- » ½ tsp Redmond Real Salt
- » 8-16 slices of bacon

### DIRECTIONS

1. Cut the jalapeños in half lengthwise and scoop out the seeds.
2. Combine the cream cheese, chicken, garlic powder and salt in a bowl and mix until well blended.
3. Spoon the mixture into the jalapeño halves.
4. Wrap ½ to 1 slice of bacon around the jalapeño half and hold in place with a toothpick.
5. Place in the air fryer, making sure not to overlap them (it may need to be done in batches).
6. Air fry for 10-12 minutes at 370°F, or until bacon is done to your preferred crispiness.

 Submitted by Melanie Wyman

# AIR FRYER CHICKEN TENDERS (KID APPROVED!)

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## INGREDIENTS

- » 6 chicken tenderloins
- » 1 cup of crushed pork rinds
- » 1 tsp Redmond Real Salt
- » 1 tsp smoked paprika
- » 1 tsp garlic powder
- » ½ tsp onion powder
- » 2-3 eggs, beaten

## DIRECTIONS

1. In a shallow bowl, add the beaten eggs.
2. In a large Ziploc bag, mix the crushed pork rinds, Redmond Real Salt, smoked paprika, garlic powder and onion powder.
3. Coat the tenderloins, one at a time, in the eggs and then shake in the large Ziploc bag. Place the breaded chicken tenderloins in the air fryer.
4. Air fry for 10 minutes at 400°F, flipping halfway through. Chicken is done when internal temperature reaches 165°F.

 Submitted by Melanie Wyman

# AIR FRYER CHICKEN THIGHS

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## INGREDIENTS

- » 4 bone-in, skin-on chicken thighs (trim excess fat/skin off)
- » 1 tsp Redmond Real Salt
- » 1 tsp pepper
- » 1 tsp smoked paprika
- » 1 tsp garlic powder
- » 1 tsp onion powder
- » ½ tsp oregano

## DIRECTIONS

1. In a large Ziploc bag, mix the Redmond Real Salt, pepper, paprika, garlic powder, onion powder and oregano.
2. Place the chicken thighs in the bag one at a time and shake until coated.
3. Preheat the air fryer to 380°F.
4. Place the chicken thighs skin side down in the air fryer and air fry for 12 minutes.
5. Flip the chicken thighs over and air fry for an additional 10-15 minutes (depending on how crispy you like your skin).
6. Thighs are done when the inside reaches 165°F.

 Submitted by Melanie Wyman

# AIR FRYER JALAPEÑO POPPER CHICKEN

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## INGREDIENTS

- » 2-3 chicken breasts for stuffing
- » 5-6 pieces of bacon to chop up and to wrap around chicken breasts
- » 8-16 oz of cream cheese, plain full fat, softened
- » 6-8 jalapeños
- » garlic powder or minced garlic
- » onion powder
- » paprika
- » Redmond Real Salt
- » pepper
- » Code Red Olive Oil

## DIRECTIONS

1. Cut slits into chicken breast so it is almost cut in half (but still in one piece).
2. Cook 2 pieces of bacon then chop into pieces once cooked.
3. Season chicken on all sides with Redmond Real Salt, pepper, paprika, onion powder and garlic powder.
4. Cut tops off of the jalapeños, then cut in half to remove seeds and the veins (if you don't want them to be too spicy). Chop up the jalapeños.

5. In a bowl together add the cream cheese, garlic, paprika, onion powder, Redmond Real Salt, pepper, bacon and jalapeños. Mix with a spoon.
6. Stuff chicken breast with cream cheese mixture, then fold up and wrap with remaining uncooked bacon (add toothpicks if needed).
7. Spray or wipe a small amount of Code Red Olive Oil on top of chicken
8. Cook in an air fryer at 350°F for 20-30 minutes depending on thickness of chicken.
9. Flip chicken halfway through the cooking time. Chicken should be at 165°F.
10. Let chicken rest for five minutes before cutting.

 Submitted by Amanda Griggs-Fleming

# AIR FRYER POPCORN CHICKEN

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## INGREDIENTS

- » 1½ lbs boneless, skinless chicken breasts
- » 4 Tbsp mayonnaise
- » 1 cup dill pickle juice
- » ½ cup parmesan cheese (omit in weight loss mode)
- » ¾ oz pork rinds, crushed to crumbs
- » 1 tsp Redmond Real Salt
- » ½ tsp fresh ground pepper
- » Optional: ½ tsp paprika

## DIRECTIONS

1. Overnight or first thing in the morning, cut chicken into ¾ inch cubes and place in bowl or Ziploc bag with pickle juice.
2. Marinate 6-8 hours.
3. When ready to prepare meal, crush pork rinds by hand, using a food processor, or buy them pre-ground.
4. Mix in dry seasonings.
5. Pat dry chicken pieces with a paper towel.
6. Place a few pieces into mayonnaise and mix with a fork.

7. Place individual pieces in pork rind mixture and coat well.
8. Spray the air fryer basket and place a single layer of chicken pieces inside.
9. Cook for 20 minutes at 400°F, tossing halfway through.
10. Dip in your favorite Code Red approved sauce.

# AIR FRYER CRISPY CHICKEN THIGHS (BONE-IN)

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## INGREDIENTS

- » 4 chicken thighs, bone in and skin on
- » 1 tsp garlic salt
- » 1 tsp Redmond Seasoning Salt

## DIRECTIONS

1. Preheat air fryer for 5 minutes at 380°F.
2. Pat dry skin on chicken thighs.
3. Dry rub garlic salt and Redmond Seasoning Salt all over chicken thighs.
4. Place chicken thighs in air fryer, skin down first. Cook for 15 minutes.
5. Turn your chicken thighs skin side up and cook for another 10 minutes.
6. If you like it crispier, cook in additional 2 minute increments until desired crispiness is achieved.

 Submitted by Lisa Parkman

# AIR FRYER GREEK CHICKEN THIGHS

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## INGREDIENTS

- » 4 chicken thighs, bone in and skin on
- » 2 lemons
- » 2 Tbsp full fat Greek yogurt
- » 2 tsp Code Red Olive Oil
- » 1 tsp Redmond Real Salt
- » 1 tsp garlic powder
- » 2 Tbsp dried oregano
- » ½ tsp fresh ground pepper

## DIRECTIONS

1. Pat dry chicken thighs with a paper towel. In a bowl, add seasonings and stir to combine.
2. Add to that the Code Red Olive Oil, Greek yogurt and juices of two lemons. Stir to combine.
3. Add and coat the chicken thighs, then place bowl (covered with Saran Wrap or placed in a Ziploc baggie) in fridge for at least 30 minutes, up to 2 hours.
4. Preheat your air fryer at 380°F for 5 minutes. Add chicken thighs, skin side down in a single layer. Cook for 10 minutes.
5. Flip and cook for an additional 8-12 minutes, until the internal temperature reaches 165°F. Remove and let rest 5 minutes, then serve.

# AIR FRYER

## “ALMOND CHICKEN”

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### INGREDIENTS

- » 2 boneless chicken breast halves
- » 1 large egg
- » ¼ cup almond/cashew/coconut milk
- » 1 tsp white or apple cider vinegar
- » 1 tsp Redmond Real Salt
- » ½ tsp garlic powder
- » ½ tsp fresh ground pepper
- » 1 cup almonds, finely chopped

### DIRECTIONS

1. In a bowl, combine (don't stir) the milk of your choice with vinegar. Allow to sit 5 minutes. (Replicates buttermilk.)
2. Pat excess moisture off of chicken breast halves with a paper towel.
3. Preheat air fryer to 350°F.
4. To milk mixture, add egg and seasonings and whisk until combined.
5. In a separate shallow bowl, add chopped almonds.
6. Dip chicken into egg mixture, allow excess to drizzle off.

7. Dip coated chicken into almonds, patting to coat entirely.
8. Place chicken in a single layer on a cooking sprayed air fryer basket and cook at 350°F for 15-18 minutes.
9. Internal temperature should read 165°F.
10. Serve with desired dipping sauces such as ranch, sugar free barbecue or mustard sauce.

# AIR FRYER TURKEY BREAST

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## INGREDIENTS

- » 1 - 3-4 lb boneless turkey breast
- » 2 Tbsp butter, melted (use unsalted, or salted for extra flavor if desired)
- » ½ tsp Redmond Real Salt
- » ½ tsp thyme
- » ½ tsp rosemary
- » ½ tsp sage
- » ½ tsp fresh ground pepper

## DIRECTIONS

1. Pat turkey breast with a paper towel to remove excess moisture.
2. In a small bowl, combine the seasonings with the melted butter. Brush the butter on the turkey to completely coat on both sides.
3. Place the turkey in the air fryer basket, or on a baking tray and place in the air fryer.
4. Air fry at 350°F for 30 minutes.
5. Turn over and cook another 30 minutes. Internal temperature should reach 165°F.
6. Let turkey rest for about 5 minutes, then carve and enjoy!

# AIR FRYER STEAK BITES

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## INGREDIENTS

- » 1½ lb sirloin, ribeye or NY strip steak, cut into 1 inch cubes
- » 2 tsp Code Red Olive Oil
- » 1 tsp Italian Seasoning (substitute meat tenderizer seasoning, Redmond Wasatch Steak Seasoning, or your desired flavors)
- » 1 Tbsp Redmond Real Salt
- » 1½ tsp fresh ground pepper
- » 1 tsp minced garlic
- » 2 Tbsp butter
- » 1 Tbsp parsley, to garnish

## DIRECTIONS

1. Add steak pieces into a medium bowl with Code Red Olive Oil and desired seasonings. Set aside.
2. Preheat air fryer to 400°F for 5 minutes.
3. Place steak bites in a single layer on air fryer basket and air fry at 400°F for 7 minutes, or until desired doneness.
4. Once steak is cooked, saute minced garlic and butter in small saucepan until butter is melted and garlic is fragrant.
5. Toss steak bites in garlic butter mixture and parsley. Serve.

# AIR FRYER FROZEN HAMBURGER

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## INGREDIENTS

- » 1 frozen hamburger patty
- » Redmond Real Salt & pepper to taste

## DIRECTIONS

1. Place frozen patty in air fryer.
2. Sprinkle with Redmond Real Salt & pepper to taste.
3. Additionally you can add a small amount of garlic powder, liquid smoke, Worcestershire sauce and/or sugar free barbeque sauce onto patty.
4. Cook burger 7 minutes at 370°F.
5. Flip and continue to cook 5-7 minutes or until internal temperature reaches 165°F.
6. Repeat process for multiple burgers.
7. If desired, add an ounce of full fat cream cheese for the final minute of cooking.
8. Serve as is or add your favorite burger fixings on a bed of lettuce, avocado slices, pickles etc.

# AIR FRYER BARBECUE PORK RIBS

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## INGREDIENTS

- » 2 lbs boneless pork ribs
- » 1 tsp Redmond Real Salt
- » 1 tsp fresh ground pepper
- » 1½ tsp garlic powder
- » 1 tsp paprika
- » 2/3 cup sugar-free barbeque sauce

## DIRECTIONS

1. Rinse the ribs in water and pat dry.
2. In a small bowl, combine seasonings.
3. Spray or gently coat air fryer basket with Code Red Olive Oil and preheat to 380°F.
4. While it warms up, coat the ribs in the spice mixture.
5. Place in a single layer in the air fryer basket.
6. Cook at 380°F for 20 minutes. Remove the basket and flip the ribs.
7. Brush the barbeque sauce onto the top and sides of the ribs.
8. Continue cooking an additional 2 minutes or until internal temperature reaches 145°F. Serve with full-fat ranch and your favorite veggie.

# AIR FRYER BACON- WRAPPED ASPARAGUS

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## INGREDIENTS

- » 1 bundle fresh asparagus stalks (approx. 18)
- » 9 slices bacon, room temperature (thin sliced is ideal)
- » 1 tsp Code Red Olive Oil
- » 1 tsp Redmond Real Salt
- » ¼ tsp fresh ground pepper
- » ½ tsp garlic powder

## DIRECTIONS

1. Trim woody end off of asparagus. Rinse in cool water and pat dry.
2. In large bowl, toss asparagus in Code Red Olive Oil and seasonings.
3. Cut the bacon slices lengthwise, to make narrow strips (should end up with 18 strips).
4. Wrap each bacon strip tightly around each asparagus stalk.
5. Place the wrapped asparagus seam side down in a single layer in the air fryer basket. Use a toothpick if needed.
6. (You may need to do additional rounds).
7. Air fry at 370°F for 10-15 minutes or until bacon is cooked to your liking.

# AIR FRYER FROZEN SALMON FILET

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## INGREDIENTS

- » 4 frozen salmon filets (about 6 oz each)
- » 6 Tbsp dijon mustard
- » 4 tsp Lakanto sugar free maple syrup
- » 4 tsp minced garlic
- » 1 tsp black pepper
- » 1 tsp Redmond Real Salt

## DIRECTIONS

1. Preheat air fryer to 390°F for 5 minutes.
2. Add frozen salmon to the air fryer and set timer for 7 minutes.
3. In a mixing bowl, mix together the mustard, Lakanto syrup, garlic, salt and pepper.
4. When the 7 minutes is up, flip the salmon and then brush the sauce on the top of the salmon.
5. Air fry for an additional 7-9 minutes.
6. If any additional sauce remains, brush on top of the salmon just before serving.
7. Note: If your air fryer does not accommodate four filets, this recipe can be cut in half.

 Submitted by Darla Wiltse

# AIR FRYER MAYO PARMESAN SALMON

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## INGREDIENTS

- » 4 salmon filets, skin removed, approx. 5 oz each
- » ½ lemon, fresh squeezed or 1/8 cup lemon juice
- » 1 tsp Redmond Real Salt (or to taste)
- » ½ tsp fresh ground pepper
- » 3 Tbsp olive oil mayonnaise
- » 6 fresh basil leaves, finely minced, OR 1 tsp basil paste
- » 3 Tbsp grated or finely shredded parmesan cheese (omit in WLM or use Nutritional Yeast instead)

## DIRECTIONS

1. Spritz air fryer basket with Code Red Olive Oil. Preheat air fryer to 400°F.
2. Season salmon with Redmond Real Salt, pepper, and lemon juice.
3. Mix the mayonnaise, basil and parmesan cheese (if using; or switch to Nutritional Yeast) in a small bowl.
4. Place salmon in a single layer (if they don't fit without touching, do in batches) in air fryer basket.
5. Spread mayo mixture over the top of the salmon.
6. Air fry for 7 minutes. (May need another 1-2 minutes depending on thickness of salmon filets). Serve immediately.

# AIR FRYER SHRIMP FAJITAS

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## INGREDIENTS

- » 1 cup frozen, pre-cooked shrimp
- » 1¼ cup mixed peppers, sliced
- » 1 white onion, peeled and sliced
- » ½ lime or 1/8 cup lime juice
- » 2 Tbsp fajita seasoning \*(see below for recipe)

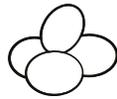
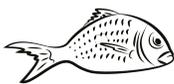
## DIRECTIONS

1. Combine shrimp, lime juice, peppers and onions with fajita seasoning in a bowl until coated.
2. Load the contents into air fryer basket and cook at 360 degrees for 8 minutes.
3. Serve immediately. Serving size is 1.

### \*Fajita Seasoning:

- » 1 tsp chili powder
- » 1 tsp paprika
- » 1 tsp garlic powder
- » 1 tsp cumin
- » ½ tsp oregano
- » Redmond Real Salt & pepper to taste

# AIR FRYER SIDES



# PEPPERONI CRISPY CREAM CHEESE BITES

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## INGREDIENTS

- » Pepperoni slices
- » Cream cheese fresh from the fridge
- » Everything Bagel seasoning

## DIRECTIONS

1. Lay out pepperoni.
2. Add a slice of cream cheese.
3. Sprinkle with Everything Bagel seasoning.
4. Top with a slice of pepperoni.
5. Air fry for 6 minutes at 375°F.

 Submitted by Lorelee Boden

# AIR FRYER HARD-BOILED EGGS

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## INGREDIENTS

» 12 fresh eggs

## DIRECTIONS

1. Heat an air fryer to 270°F.
2. Place 12 eggs in the air fryer basket in one layer.
3. (Reduce and do two multiple batches if your air fryer doesn't fit 12.)
4. Air fry for 15 minutes. (Reducing eggs may affect length of time needed).
5. Gently remove with tongs and place in an ice bath for 5 minutes.
6. Peel and enjoy!
7. Keep leftovers in the fridge in airtight container for up to 4 days.

# AIR FRYER EGG BITES

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## INGREDIENTS

- » 6 eggs
- » 4 full strips of cooked bacon, crumbled or chopped
- » (Alt ½ cup ground sausage, or adjust to your liking)
- » 2 Tbsp milk alternative: almond, cashew, coconut, flax
- » (Alt substitute 1 Tbsp for heavy whipping cream)
- » 1 tsp Redmond Real Salt
- » ½ tsp fresh ground pepper
- » ½ tsp garlic powder

### Optional addition ideas to your liking:

- » 2 Tbsp full fat cream cheese
- » sliced black olives
- » chopped green onion
- » chopped mushrooms
- » chopped spinach
- » diced tomatoes

## DIRECTIONS

1. In a large bowl, mix eggs and milk alternative.
2. Add in meat and additional options to your liking (e.g. full fat cream cheese and mushrooms).
3. Equally divide egg mixture into silicone cups about 2/3 full, leaving room to rise.
4. Place in the air fry basket and cook at 300°F for 8-10 minutes until egg is cooked.
5. Remove, gently pop out and serve.
6. Optional: Add sour cream and salsa on top!

# MAYA'S AIR FRYER BUTTERNUT SQUASH RECIPE

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## INGREDIENTS

- » 2-3 containers of butternut squash (in cubes or fries). If you can't find that, one to two whole butternut squash
- » Redmond Real Salt
- » pepper
- » garlic powder
- » Pumpkin spice
- » Code Red Olive Oil

## DIRECTIONS

1. If butternut squash is not already cut up at purchase, then peel the butternut squash and slice into fries or cut into cubes.
2. In a medium to large bowl, combine butternut squash with a dribble of Code Red Olive Oil, Redmond Real Salt, pepper, garlic and pumpkin spice. Mix with a spoon or your fingers.
3. Put the mixture in the air fryer and shake gently.
4. Heat air fryer at 390°F. Depending on how crispy you like it, set the time for 15-20 minutes.
5. Shake it again after cooking and it is ready to serve.

 Submitted by Maya McKnight

# AIR FRYER BLOOMING ONION

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## INGREDIENTS

- » 1 onion, crisscross
- » 2 eggs
- » ½ cup heavy whipping cream
- » Redmond Real Salt & pepper, or BBQ pork rind crumbs
- » salt
- » pepper
- » garlic
- » paprika

## DIRECTIONS

1. Peel and cut onion crisscross 6-8 times from top down, leaving the bottom intact.
2. Mix egg and heavy whipping cream together.
3. Mix seasonings with pork rind crumbs.
4. Fan onion open, dip in egg mixture, and sprinkle with crumb mixture.
5. Pour more egg mixture into fanned onion. Holding open, sprinkle more crumb mixture on. Cook at 350°F for 20 minutes or until done. Dip in ranch.

 Submitted by Lorelee Boden

# AIR FRYER ROASTED “POTATOES”

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## INGREDIENTS

- » 1 lb radishes, washed and trimmed
- » 1 Tbsp Code Red Olive Oil
- » 2 tsp Italian Seasoning
- » ½ tsp garlic powder (or more to your heart’s content)
- » ½-1 tsp Redmond Real Salt
- » ¼ tsp fresh ground black pepper

## DIRECTIONS

1. For crispier radishes, soak in an ice bath for a couple hours.
2. Heat air fryer to 400°F.
3. While warming, prepare radishes by placing in a bowl and adding all seasonings and Code Red Olive Oil. Toss to coat.
4. Arrange in an even layer in air fryer basket or tray.
5. Air fry until lightly browned and beginning to crisp. Toss halfway through, about 20 minutes total.
6. Refrigerate leftovers in an airtight container.

# AIR FRYER CARROTS

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## INGREDIENTS

- » 1 lb medium carrots (8-10)...alternatively, use a 1-pound package of baby carrots or pre-cut carrots
- » 1 tsp Code Red Olive Oil
- » ½ tsp Redmond Real Salt
- » ¼ tsp fresh ground pepper
- » 1 tsp parsley leaves
- » (optional) ½ tsp paprika or any spicier option you prefer

## DIRECTIONS

1. Heat air fryer to 360°F.
2. Trim and peel 1 pound of carrots and cut crosswise into 3 inch pieces, i.e. “fry” size.
3. In a bowl, combine carrots, Code Red Olive Oil, and seasonings (except parsley) and toss to combine.
4. Add carrots in an even layer, being sure not to overlap.
5. Air fry 10-12 minutes, tossing the carrots halfway through.
6. Add parsley and toss to combine. Optional: add a splash of lemon juice.

# AIR FRYER ZUCCHINI CHIPS

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## INGREDIENTS

- » 1 med-large zucchini, very thinly sliced
- » ½ Tbsp Code Red Olive Oil
- » Redmond Real Salt & pepper to taste

## DIRECTIONS

1. Preheat air fryer to 270°F for 2 minutes.
2. Place zucchini slices in a single layer between paper towels to absorb excess liquid. (Don't skip this step!)
3. Place slices in a single layer in air fryer basket. Lightly brush with Code Red Olive Oil and sprinkle with Redmond Real Salt and pepper to taste.
4. Air fry at 270°F for 12-15 minutes or until golden brown and crisp. Check at 12 minutes and remove any already crisp pieces.
5. Cool on a cooling rack, then repeat process until all chips are finished.

# AIR FRYER SPAGHETTI SQUASH

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## INGREDIENTS

- » 1 medium sized whole spaghetti squash
- » 1 Tbsp Code Red Olive Oil
- » Redmond Real Salt, pepper, garlic powder to taste

## DIRECTIONS

1. Take a large kitchen knife and slice squash in half.
2. Use a large spoon to scoop out the center of seeds and tendrils.
3. Use a fork to poke holes on the outer side of the squash.
4. Facing flesh side up, drizzle 2 squash sizes in Code Red Olive Oil.
5. Season to taste.
6. Air fry flesh up at 370°F for 20 minutes or until a fork easily pierces the flesh of the squash.
7. Once cooked, transfer to a dish and use fork to scrape flesh away from the outer layer to create the “spaghetti.”
8. Serve with your favorite marinara or cream sauce, or mix in butter and preferred seasonings.

# AIR FRYER BROCCOLI

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## INGREDIENTS

- » 2 cups of broccoli florets
- » 2 Tbsp Code Red Olive Oil
- » 1 tsp Redmond Real Salt
- » 1 tsp fresh ground pepper
- » ½ tsp garlic powder (Alt. 1 tsp minced garlic)
- » Optional: 1 tsp lemon juice

## DIRECTIONS

1. In a large bowl, combine cleaned broccoli, olive oil and seasonings (and lemon juice if desired).
2. Air fry at 350°F for 6 minutes. Check halfway through and toss.
3. Add a minute as needed for desired charring.

# AIR FRYER BRUSSELS SPROUTS

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## INGREDIENTS

- » 1 lb Brussels sprouts
- » 1 tsp Redmond Real Salt
- » ½ tsp fresh ground pepper
- » 1½ tsp garlic powder
- » Code Red Olive Oil or coconut cooking spray
- » 2 Tbsp Code Red Olive Oil
- » 1 Tbsp balsamic vinegar
- » 2 oz walnuts, roasted and chopped

## DIRECTIONS

1. Preheat the air fryer to 400°F for 5 minutes. Wash and dry the Brussels sprouts. Remove outer leaf layer and slice in half.
2. In a medium bowl, lightly spray Brussels sprouts with cooking spray. Add Redmond Real Salt, pepper and ½ tsp garlic powder and stir to coat.
3. Place into the air fryer and cook at 400°F for 5 minutes. Shake the basket to toss, and cook another 7 minutes.
4. In a large bowl, whisk together the Code Red Olive Oil, 1 tsp garlic powder, and balsamic vinegar.
5. Toss the cooked Brussels sprouts in the olive oil mixture. Sprinkle in walnuts and toss to combine. Serve and enjoy!

# AIR FRIED CAULIFLOWER LEAVES

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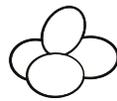
## INGREDIENTS

- » Cauliflower leaves, as needed
- » Code Red Olive Oil, as needed
- » Redmond Real Salt and pepper, as needed

## DIRECTIONS

1. Toss your cauliflower leaves with a little Code Red Olive Oil, Redmond Real Salt, and pepper, then add the leaves to the air fryer basket.
2. Select air fryer, set the time to 8 minutes and the temperature to 338°F.
3. Cook until the leaves are golden and crisp, with soft stems.

# AIR FRYER DESSERTS



# AIR FRYER DAIRY-FREE BERRY CRUMBLE

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## INGREDIENTS

- » 2 oz frozen berries (mixed or single strawberries, blueberries, blackberries, raspberries)
- » 4 Tbsp Lakanto monk fruit
- » ½ tsp pure vanilla extract
- » 1/8 tsp xanthan gum (thickening agent)
- » 1 Tbsp almond or cashew butter
- » 1 oz chopped walnuts
- » 1 Tbsp coconut cream or heavy whipping cream

## DIRECTIONS

1. Place frozen berries in a 4 oz ramekin with 2 Tbsp sweetener and 1/8 tsp xanthan gum. Mix to coat.
2. Air fry at 350°F for 4 minutes. Stir berry mixture.
3. While berries cook, combine walnuts, nut butter, vanilla extract, and remaining sweetener in a bowl.
4. Put crumble mixture on top of cooked berries.
5. Cook at 350°F for an additional 4 minutes.
6. Serve with a dollop of fresh whipped cream or coconut whipped cream to keep dairy free.

# AIR FRYER CHEESECAKE

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## INGREDIENTS

- » 2 packages (16 oz) full fat cream cheese
- » 1 cup powdered Lakanto monk fruit
- » 2 eggs
- » 1 tsp pure vanilla extract

## DIRECTIONS

1. Bring cream cheese to room temperature.
2. In a large bowl add the cream cheese and powdered Lakanto. Mix until well combined.
3. Add in the eggs, one at a time, and vanilla extract and mix until combined and creamy.
4. Spray a 7-inch springform pan and pour mixture into pan. Place pan into air fryer basket.
5. Cook at 300°F for 10 minutes, then lower temperature 250°F and cook an additional 35 minutes.
6. Remove when cheesecake is set, but center jiggles slightly.
7. Let cool to room temperature.
8. Refrigerate a minimum of 2 hours before serving.
9. Enjoy as is or with fresh berries and homemade heavy whipping cream.

# AIR FRYER FRUIT CRISP

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## INGREDIENTS

### Fruit:

- » 1 cup fresh or frozen fruit (blackberries, blueberries, strawberries, raspberries)
- » 2 tsp golden ground flaxseed meal
- » 1 tsp lemon juice

### Topping:

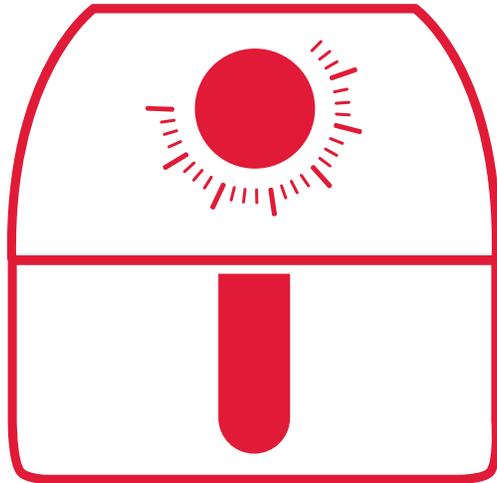
- » 6 Tbsp golden ground flaxseed meal
- » 1½ Tbsp Lakanto monk fruit
- » ½ tsp ground cinnamon
- » pinch of Redmond Real Salt
- » 1½ Tbsp butter, softened

## DIRECTIONS

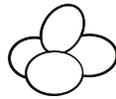
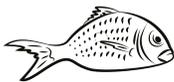
1. Preheat an air fryer to 360°F.
2. Spray two 1-cup or four ½-cup bowls or ramekins with coconut oil or coat with butter.
3. Combine fruit, flaxseed meal, and lemon juice in a small bowl. Toss to coat, then divide the mixture between two 1-cup or four ½-cup jars or ramekins.
4. Combine flaxseed meal, Lakanto monk fruit, and cinnamon for the topping in a small bowl. Mix in softened butter, using a fork until mixture is crumbly. Sprinkle over the fruit.

5. Place the ramekins or jars in the air fryer basket and cook until the berries are warmed throughout and the topping is golden brown (9-12 minutes for smaller jars, 12-14 minutes for ramekins).
6. Optional: If desired, add a teaspoon of golden Lankanto to the fruit.
7. Optional: Use any combination of the following instead of flax: sliced or ground almonds, pumpkin seeds, pecans, or walnuts. Use any combination of fruit (frozen or fresh). Larger chunks will take longer to cook.

# INSTANT POT RECIPES



# INSTANT POT MAIN DISHES



# INSTANT POT CRACK CHICKEN

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## INGREDIENTS

- » 4 skinless boneless chicken breasts
- » ½ cup chicken broth or heavy whipping cream
- » 2 Tbsp ranch seasoning mix
- » 8 oz full fat cream cheese
- » ½ - 1 pkg bacon cut into strips & browned

## DIRECTIONS

1. Mix cream cheese and ranch seasoning mix. Cover chicken in mix.
2. Put chicken in Instant Pot and cover in broth or cream. Cook chicken on sealing/manual for 15 minutes, then natural pressure release for 10 minutes.
3. Shred chicken.
4. Serve over cauliflower rice.

 Submitted by Lorelee Boden

# INSTANT POT CHICKEN BREASTS

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## INGREDIENTS

- » 1 lb boneless, skinless chicken breasts
- » 1 tsp Redmond Real Salt
- » ¼ tsp fresh ground pepper
- » ½ tsp paprika
- » ½ tsp garlic powder
- » 1 tsp Meat Tenderizer Seasoning Powder
- » 2 Tbsp Code Red Olive Olive or avocado oil, divided
- » 6 oz chicken or vegetable stock, divided

## DIRECTIONS

1. In a small bowl, combine all seasonings with 1 Tbsp Code Red Olive Oil and 2 Tbsp of stock into a paste.
2. Place the chicken breasts into a bowl and coat in seasoning paste.
3. Select the sauté setting on the Instant Pot and add in remaining oil. Allow to heat 1-2 minutes.
4. Place the chicken breasts into the pan and brown about 2 minutes. Flip over and brown the other side another 2 minutes.
5. Remove the chicken breasts and place on a plate.

6. Add the remaining stock and scrape the cooked bits from the bottom of the pot with a silicone or wooden spatula.
7. Place a trivet inside the pot, then add the chicken breasts on top of the trivet.
8. Cover and set the Instant Pot valve to the sealing position.
9. Select manual mode and high pressure mode, then time for 5 minutes.
10. Let the steam release naturally, about 8-10 minutes, then quickly release the opening.
11. Internal temperature should be at 165°F.
12. Serve with your favorite sides and drizzle with sauce or enjoy as desired!

# EASY SHREDDED CHICKEN IN THE INSTANT POT

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This is the best way to prep chicken on the weekend to have for the week. Use on salads, to make single serving size chicken salad, to make Chicken Stuffed Jalapeño Poppers, and more (the possibilities are endless!).

## INGREDIENTS

- » Up to 6 pounds of boneless chicken (fresh or frozen)
- » 1 cup chicken stock

## DIRECTIONS

1. Place the chicken in the Instant Pot with 1 cup of chicken stock.
2. Cook at high pressure for 8-10 minutes for fresh and 10-12 minutes for frozen. It may take a couple more minutes if your frozen chicken breasts are very thick. Let it naturally release for at least 5 minutes.
3. Place the chicken in a bowl and shred using a hand mixer or a Kitchen Aid mixer.

 Submitted by Melanie Wyman

# MUSTARD-ROASTED CHICKEN

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## INGREDIENTS

- » 2 lbs chicken drumsticks with skin
- » 2 lbs chicken thighs with skin
- » 1/3 cup mayonnaise
- » 2 Tbsp whole “grain” old style dijon mustard
- » 1 Tbsp Dijon or yellow mustard
- » 1 tsp lemon pepper
- » 1 tsp paprika
- » Redmond Real Salt and pepper to taste

## DIRECTIONS

1. Mix the mayonnaise, mustard, and condiments. Set aside.
2. With a paper towel, pat dry the pieces of chicken, add the marinade, and generously brush each piece with it. Set aside a bit of the marinade.
3. On the Instant Pot control panel, press Roast and then set time to 16 Minutes and temperature to 395°F. Press Start.
4. When the beep sounds halfway through the cook time, open the tray, turn the chicken over, and baste with more marinade.
5. Remove when done and serve.

# SPANISH CHICKEN & CAULIFLOWER RICE

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## INGREDIENTS

- » 2 Tbsp Code Red Olive Oil
- » 1 package (about 12 ounces) kielbasa sausage cut into ½-inch slices
- » 2 lbs boneless skinless chicken thighs, about 6
- » 1 onion chopped
- » 4 cloves garlic minced
- » 1 package cauliflower rice
- » 1 red bell pepper diced
- » ½ cup diced carrots
- » ¾ tsp Redmond Real Salt
- » ¼ tsp black pepper
- » 3 cups chicken broth

## DIRECTIONS

1. Press Sauté; heat oil in Instant Pot. Add sausage; cook about 6 minutes or until browned.
2. Remove to plate. Add chicken to pot in batches; cook about 8 minutes or until browned on both sides. Remove to plate.

3. Add onion to pot; cook and stir 3 minutes or until softened. Add garlic; cook and stir 30 seconds. Add cauliflower rice, bell pepper, carrots, Redmond Real Salt, and black pepper; cook and stir 3 minutes.
4. Stir in broth, scraping up browned bits from bottom of pot. Return chicken and sausage to pot, pressing chicken into liquid.
5. Secure lid and move pressure release valve to sealing position. Press Pressure Cook or Manual; cook at High Pressure 7 minutes.
6. When cooking is complete, use quick release. Remove chicken to clean plate; tent with foil. Serve chicken over rice mixture.

# INSTANT POT BONELESS BEEF SHORT RIBS

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## INGREDIENTS

- » 2½ lbs boneless beef short ribs
- » 2 tsp Redmond Real Salt
- » 1 tsp fresh ground pepper
- » 1 Tbsp Code Red Olive Oil or avocado oil
- » 1 cup beef broth
- » ¼ cup coconut amino sauce
- » 6 cloves garlic, minced

## DIRECTIONS

1. Pat the short ribs dry with paper towels.
2. Season the short ribs well with Redmond Real Salt and pepper, coating all sides.
3. Set the Instant Pot to sauté on high or more. Add Code Red Olive Oil and let it heat up until hot.
4. Add half of the short ribs in a single later. Sear for about 5 minutes per side until browned.
5. Remove the seared ribs onto a place, and repeat the process with the remaining ribs.
6. Remove the ribs from the pan and add the garlic. Sauté for about 1 minute.

7. Add the broth and coconut aminos. Using a wooden spoon, scrape the bottom of the pan to release any garlic stuck to it. Shut off the sauté function.
8. Place the short ribs back into the pot in a single layer. It's okay to crowd them together.
9. Close the lid and set to seal. Cook on high pressure for 40 minutes.
10. Use natural release for 10 minutes, then quick release any remaining pressure.
11. Serve the short ribs whole, or shred if desired.

# INSTANT POT STEAK FAJITAS

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## INGREDIENTS

- » 1 lb beef skirt or flank steak, sliced thinly
- » 2 Tbsp fajita seasoning, divided
- » 1 Tbsp Code Red Olive Oil or avocado oil
- » 2 large bell peppers, cored and sliced into thin strips
- » 1 medium white onion, sliced into thin half moons
- » ½ cup beef broth (or sub broth of choice)
- » 2 Tbsp fresh squeezed lime juice (or store bought is fine)

## DIRECTIONS

1. Coat the steak strips in 1 Tbsp fajita seasoning.
2. Press the sauté button on the Instant Pot and adjust the temperature to high by pushing the sauté screen until it says “more.”
3. Add oil and half of the steak in a single layer. Saute for 1-2 minutes per side, until just browned (it will not be completely cooked).
4. Remove and repeat with the remaining steak.
5. Add first batch of steak into the second batch inside the pot.
6. Add the vegetables and sprinkle on the remaining fajita seasoning.
7. Stir to coat, then add the broth and lime juice.

8. Close the lid and the vent to the sealing position.
9. Press the manual button and set to 2 minutes on high pressure.
10. Use the quick release to release pressure immediately.
11. Serve with sliced avocado, full fat cream cheese and chopped cilantro, salsa, or other desired options.

# FLANK STEAK IN PARSLEY & MUSTARD SAUCE

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## INGREDIENTS

- » 1 Tbsp Code Red Olive Oil
- » 1½ lbs flank steak
- » Redmond Real Salt and pepper
- » 3 Tbsp vinegar
- » 3 Tbsp Lakanto monk fruit sweetener
- » 3 Tbsp chopped fresh parsley
- » 3 Tbsp mustard
- » Juice of 2 lemons

## DIRECTIONS

1. Place the stainless steel inner pot inside the Instant Pot. Press sauté and set time to 8 minutes. Add Code Red Olive Oil; when hot, sear the meat on both sides, add salt and pepper, remove from pot and set aside.
2. Without washing the bowl, add the vinegar and sweetener, and scrape with a spoon for 1 minute. Press Cancel, return meat to the pot along with the drippings left on the plate. Add parsley, mustard, and lemon juice.
3. Close and lock lid. Make sure steam release handle is turned to sealing. Press Pressure Cook, pressure level High, and set the time to 35 minutes.
4. Once the time is up, press Cancel, turn the steam release handle and wait a few minutes before opening. Serve with fresh parsley.

# BEEF ROAST WITH CARROTS

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## INGREDIENTS

- » 2-4 lbs (1-2 kg) beef roast no longer than the width of the pressure cooker
- » 1½ cup chicken stock
- » 1 Tbsp Code Red Olive Oil
- » 2 lbs carrots, peeled
- » 1 bunch of parsley chopped
- » ¼ cup vinegar
- » ¼ cup Lakanto monk fruit sweetener
- » 4 Tbsp unsalted butter
- » 2 Tbsp fresh thyme
- » 4 Tbsp pistachio, chopped

### Optional crust:

- » 4 oz pistachio nuts (crushed, shelled, salted)
- » 1 Tbsp black pepper
- » 2 Tbsp fresh thyme

## DIRECTIONS

1. Press Sauté to preheat the cooker. When the word Hot appears on the display, add a swirl of Code Red Olive Oil and sear the roast well on all sides.
2. Deglaze the inner pot with chicken stock.
3. Close and lock the lid of the Instant Pot. Press Pressure Cook and then use the [+] button to set 45-50 Minutes of pressure cooking time (depending on the thickness).
4. When time is up, open the Instant Pot using Quick Pressure Release.
5. Quickly place the whole carrots on top.
6. Close and lock the lid of the Instant Pot. Press Pressure Cook and then use the [+] or [-] button to set 10 minutes of pressure cooking time.
7. When time is up, open the Instant Pot using Quick Pressure Release.
8. Remove the carrots to a serving platter and slice them. Take out the roast, and place on a plate tented with aluminum foil to rest.
9. Filter the cooking liquid through a fine sieve and put it back in the Instant Pot. Add the vinegar, sweetener, and butter and reduce the liquid in the pressure cooker, without the lid, to about half using the Sauté function.
10. Slice roast and serve on platter with carrots. Drizzle with the reduced cooking liquid and sprinkle with thyme and nuts.

# INSTANT POT PUMPKIN CHILI

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## INGREDIENTS

- » 2 Tbsp Code Red Olive Oil or avocado oil
- » 1 small red onion, diced
- » 2 large carrots, peeled and chopped
- » 4 cloves of garlic
- » 1 bell pepper, cored and chopped
- » 1 lb ground beef
- » 1 lb ground turkey
- » 1-15 oz can diced tomatoes
- » 2-15 oz cans of pureed plain pumpkin (NOT pumpkin pie filling)
- » 1 cup chicken broth (or vegetable broth)
- » 3 Tbsp chili powder
- » 2 tsp Redmond Real Salt
- » 1 tsp fresh ground pepper
- » 1 tsp pumpkin pie spice
- » 1 Tbsp dried oregano
- » ½ tsp ground cinnamon

## DIRECTIONS

1. Turn Instant Pot on to sauté and add the oil.
2. Wait for Instant Pot to heat up for a minute or two, then add the onion.
3. Cook until onion begins to sweat, stirring occasionally (roughly 3 minutes).
4. Add the carrots, pepper, and garlic, and continue cooking another 2 minutes.
5. Add the ground beef and turkey and mix with the vegetables.
6. Cook until the meat has browned and is fully cooked.
7. Add the broth, canned tomatoes, pureed pumpkin and all seasonings to the pot and stir to combine.
8. Secure the lid on the Instant Pot and press the “chili” function and set the time to 50 minutes.
9. Allow the Instant Pot to release for 10 to 15 minutes, or quick release with the vent.
10. Serve with a dollop of sour cream or desired toppings.

# INSTANT POT CABBAGE ROLLS

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## INGREDIENTS

- » 1 flat cabbage large, 4.5 lbs or green cabbage, large
- » 1 onion small, minced
- » 1 onion small, diced
- » 1 egg
- » 1½ Tbsp tomato paste
- » 10.5 oz ground pork
- » 10.5 oz ground beef
- » 1 carrot, medium, finely grated
- » 1 cup cauliflower rice
- » 2 cups fresh dill, minced
- » 1¼ cups crushed tomatoes
- » 1 cup chicken stock
- » 1 Tbsp Code Red Olive Oil
- » 2 Tbsp butter
- » 6½ cups hot water
- » 5 tsp Redmond Real Salt

- » ¾ tsp black pepper
- » ½ tsp Lakanto monk fruit sweetener
- » Optional: 1 lb sour cream

## DIRECTIONS

1. Carefully remove core from cabbage.
2. Select Sear/Saute on Instant Pot. Set time to 20 minutes, then select Start.
3. Pour hot water into the cooking vessel.
4. When the water starts boiling, place the cabbage into the vessel, carved side down.
5. Place a colander large enough for the cabbage to fit in and find a large bowl or tray large enough for the colander to fit on or in. Set aside.
6. Blanch cabbage until the leaves are slightly softened (around 5 minutes). Select Cancel.
7. Using two large spoons, carefully turn the cabbage bottom side up to soften the top. Avoid splashing the hot water. Let the top of the cabbage soften in the boiling water for around 2 minutes.
8. Take the cabbage out and place into the colander to drain and cool down until the filling is ready.
9. In a large bowl, mix cauliflower rice, ground pork, ground beef, egg, minced onion, tomato paste, 3 tsp Redmond Real Salt, ½ tsp black pepper, 1 cup dill, ¼ cup crushed tomatoes and Code Red Olive Oil for the filling.
10. Set aside a tray to put the cabbage rolls onto. Place one cabbage leaf on a cutting board, stem end facing towards you. Cut out the end with the thick vein if needed. Add 2-3 Tbsp of the filling to the side close to you horizontally, leave a 2 inch gap from the left, right and the side close to you. Fold the sides of the leaf onto the filling and roll. If the leaf is too large, feel free to vertically cut into two pieces. Arrange the cabbage roll on the tray seam side down. Avoid using leaves with tears.
11. Roll all the leaves to use up all the filling.

12. Dump out the water in the cooking vessel. Dry the vessel with paper towel.
13. Select Sear/Sauté. Set the time to 20 minutes. Press Start.
14. Add butter to the cooking vessel.
15. When the butter has melted, sauté the diced onions until transparent for 2 minutes. Add carrots and sauté for another 2 minutes.
16. Mix in 1 cup crushed tomatoes, chicken stock, 2 tsp Redmond Real Salt, ¼ tsp black pepper, and Lakanto monk fruit sweetener. Select Cancel.
17. Arrange cabbage rolls in the cooking vessel tightly side by side, seam side down. Make 2 or 3 layers if needed.
18. Pour ½ cup of water on top. Close the lid.
19. Select Manual II. Set the temperature to 335°F and set the time to 1 hour. Press Start.
20. When the cooking time has ended, let the rolls rest for 10 minutes.
21. Transfer rolls on a serving plate.
22. Pour the sauce remaining in the pot on top of the rolls. Garnish with remaining dill.
23. Serve with sour cream (optional).

# INSTANT POT BREAKFAST CASSEROLE

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## INGREDIENTS

- » 2 Tbsp avocado or Code Red Olive Oil, plus a little more for greasing
- » 6 oz ground breakfast sausage
- » 3 broccoli florets, finely chopped
- » 3 cherry tomatoes, quartered
- » 2 cloves garlic, minced
- » ½ cup mushrooms, chopped
- » 6 large eggs
- » ¼ cup heavy whipping cream
- » 1 tsp Redmond Real Salt
- » ½ tsp fresh found pepper
- » 1 medium avocado, thinly sliced

## DIRECTIONS

1. Grease a 7 inch casserole dish (alt soufflé dish) with butter or oil, coating the bottom and sides.
2. Turn the Instant Pot to the sauté function.
3. Add the Code Red Olive Oil to the pan. Once it's hot, add broken up pieces of sausage.

4. Cook about 4 minutes, stirring frequently, until the sausage is nearly cooked with most of the pink gone.
5. Add the broccoli, garlic, tomatoes, mushrooms, salt and pepper.
6. Cook about 2 minutes, until the vegetables start becoming tender.
7. Transfer the sausage and veggies to the prepared baking dish and evenly distribute.
8. In a medium bowl, whisk the eggs and cream until well combined. Stir in the cheese, if desired.
9. Pour the egg mixture over the sausage and veggie mixture.
10. Cover the baking dish tightly with aluminum foil.
11. Pour 1 cup of water into the bottom of the Instant Pot and add a trivet.
12. Place the dish on top of the trivet and lock the lid. Make sure the vent is closed.
13. Set the cooker to manual and pressure cook for 35 minutes.
14. Pressure release naturally for 10 minutes, then vent until the pressure is gone.
15. Carefully remove dish from the Instant Pot.
16. Serve with desired toppings, like salsa and sour cream, guacamole, etc.

# INSTANT POT PULLED PORK

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## INGREDIENTS

- » 3½ lbs pork butt
- » 2 tsp Redmond Real Salt
- » 1 tsp fresh ground pepper
- » 1 tsp garlic powder
- » 2 Tbsp avocado or Code Red Olive Oil (sub coconut oil or bacon grease)
- » 1 Tbsp chile powder
- » 1 tsp ground cumin
- » ¾ cup chicken broth (sub vegetable broth)
- » 2¼ cups sugar free BBQ sauce

## DIRECTIONS

1. Pat the pork butt dry with a clean rag or paper towels, then chop into large chunks. Toss the pork pieces in salt and pepper.
2. Turn the Instant Pot on to the sauté setting and add your Code Red Olive Oil. Once hot, add half of the pork chunks and brown on all sides.
3. Remove the pork from the pan and repeat the process with the remaining pork.
4. Add all of the pork into the pot and sprinkle on the chili powder, cumin and garlic powder. Toss to combine.
5. Add the broth and seal the lid. Be sure the vent is sealed.
6. Set the Instant Pot to manual high for 45 minutes.

7. Let the pressure release naturally for another 20 minutes.
8. Transfer the pork to a large bowl and shred with forks.
9. Add the BBQ sauce and toss to combine. Season with additional salt and pepper to taste and serve.

# INSTANT POT PORK CHILORIO

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## INGREDIENTS

### To prep:

- » 6 pasilla peppers, deveined
- » 6 guajillo chiles, deveined
- » ¾ cup butter
- » 1 white onion quartered
- » 8 cloves garlic
- » cumin to taste
- » ½ Tbsp cilantro seeds
- » ½ Tbsp dried oregano
- » Allspice to taste
- » Redmond Real Salt to taste
- » 2 lbs pork loin cut into small chunks
- » ½ cup vinegar

### For serving as garnish:

- » cilantro chopped
- » red onion chopped

## DIRECTIONS

1. In a frying pan, sear the chiles and, once roasted, insert the stainless steel bowl into the Instant Pot, press Sauté and add the butter to sauté the chiles, onion, garlic, cumin, and oregano. Once sautéed, press Cancel, remove, and blend with the Redmond Real Salt and pepper.
2. Place the pork loin in the pot and cover with the marinade. Move so that all the pieces are completely covered and add the vinegar.
3. Close and lock Instant Pot lid. Make sure the steam release handle is turned to Sealing. Press Slow Cook for 3 Hours or Pressure Cook for 40 Minutes.
4. When done cooking, press Cancel and turn the steam release handle to Venting.
5. Once all the pressure is released, open the lid, shred the meat and serve with cilantro and chopped onion.

# DAIRY-FREE INSTANT POT SEAFOOD GUMBO

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## INGREDIENTS

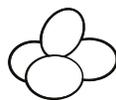
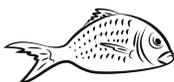
- » 24 oz sea bass filets, patted dry and cut into 2" pieces
- » 2 lbs raw shrimp (medium or large sized)
- » 3 Tbsp cajun seasoning (or creole seasoning)
- » 2 yellow onions, diced
- » 2 bell peppers
- » 4 celery ribs, sliced
- » 3½ cup diced tomatoes (about 28oz)
- » ¼ cup tomato paste
- » 2 bay leaves
- » 2 tsp Redmond Real Salt
- » 1 tsp fresh ground pepper
- » 3 Tbsp Code Red Olive Oil (sub avocado oil or ghee)

## DIRECTIONS

1. In a bowl, season the sea bass with half of the salt and pepper, evenly coating all sides.
2. Sprinkle half of the cajun seasoning onto the fish and toss to coat all sides.

3. Add the Code Red Olive Oil or ghee into the Instant Pot and set to sauté.
4. Wait until it reads “hot,” then carefully add the chunks of sea bass.
5. Sauté for about 4 minutes, tossing frequently to cook on all sides.
6. Using a slotted spoon, remove the fish and place the pieces on a plate.
7. Add the onions, pepper, celery and the rest of the cajun seasoning to the pot and sauté for 2 minutes until fragrant. Push the keep warm/cancel button.
8. Add the cooked fish, diced tomatoes, tomato paste, bay leaves and bone broth to the pot and stir to combine.
9. Place the lid back on the pot and set to sealing.
10. Push the manual button and set timer for 5 minutes.
11. Push the keep warm/cancel button. Carefully change the sealing valve over to venting to release all the pressure.
12. Allow to release, approximately 2 minutes.
13. Remove the lid and change the Instant Pot setting to sauté.
14. Add the shrimp and remaining salt and pepper.
15. Cook about 3-4 minutes, stirring frequently, until shrimp is pink and evenly cooked. Don't overcook!
16. Serve hot and enjoy!

# INSTANT POT SIDES



# BAKED EGGS WITH CREAMY SPINACH & HAM

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## INGREDIENTS

- » 4 Tbsp unsalted butter
- » 1 Tbsp chopped shallot
- » 4 oz sliced ham cut into 1/2-inch pieces
- » 1 lb baby spinach
- » 1/3 cup heavy whipping cream
- » Redmond Real Salt
- » freshly ground black pepper
- » 4 large eggs
- » chopped fresh flat-leaf parsley for serving (optional)

## DIRECTIONS

1. Select Sauté on the Instant Pot and heat 2 Tbsp of the butter.
2. Add the shallot and cook, stirring occasionally, until just softened, about 1 minute.
3. Add the ham and cook, stirring occasionally, for 2 minutes.
4. Add the remaining butter and the spinach and cook until the spinach is wilted, about 5 minutes.

5. Add the cream and 1/2 teaspoon Redmond Real Salt and cook until most of the liquid has been reduced, about 15 minutes. Add 1/4 teaspoon pepper and taste, adjusting seasoning as desired.
6. Press the Cancel button to reset the program. Make four wells in the spinach and carefully crack one egg into each well.
7. Lock the lid in place and turn the valve to Sealing. Press the Pressure Cook button and set the cook time for 1 minute at low pressure.
8. Turn the valve to Venting to quick-release the steam. When the steam stops, carefully remove the lid.
9. Transfer each egg on a bed of spinach to a plate, top with parsley, if using, and more pepper. Serve and enjoy!

# 5-5-5 INSTANT POT HARD BOILED EGGS

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## INGREDIENTS

- » 5 eggs
- » 1 cup water

## DIRECTIONS

1. Add 1 cup water into Instant Pot.
2. Add 5 eggs in shells.
3. Cook on high 5 minutes.
4. Release pressure for 5 minutes.
5. Put in ice bath 5 minutes.
6. Peel easily.

 Submitted by Lorelee Boden

# INSTANT POT HARD BOILED EGGS

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## INGREDIENTS

- » As many eggs as fit in stackable or flat egg rack
- » 1-2 cups water

## DIRECTIONS

1. Pour 1-2 cups water into Instant Pot pressure cooker. Place eggs in a stackable egg rack (find one Cristy recommends at [www.coderedlifestyle.com/amazon](http://www.coderedlifestyle.com/amazon), under Tools) or on top of the rack that came with the Instant Pot. If placing them on the flat rack, add eggs on the rack until there is not enough space between to vibrate during the pressure cooking. (Too much space can result in cracked eggs during cooking.)
2. Seal the pressure cooker. Set the timer for 4 minutes on high. After the cook time has elapsed, let the pressure release naturally for 5 minutes (set a timer!).
3. Once the 5 minutes has elapsed, release any remaining pressure by using a wooden spoon to tap the vent knob to vent position.
4. Once pressure has been released, remove the lid and lift eggs out of the pot with tongs (they will be HOT) and place them in a bowl.
5. Run cold water over the eggs until the bowl is full. You can add ice if you like. I usually let them sit awhile until this water bath has warmed from the eggs, then empty the water and fill again with cold water.
6. Once the eggs have cooled, I place them in a bowl in the fridge. If you choose to peel the eggs at this time, they will last in the fridge for 3 days. Eggs with the shell still on are good for up to 7 days in the fridge. Enjoy!

 Submitted by Darla Wiltse

# INSTANT POT CINNAMON-KISSED CARROTS

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## INGREDIENTS

- » 2 lbs baby carrots
- » ½ cup water
- » 1 tsp Redmond Real Salt
- » 2 Tbsp butter, melted
- » 1¼ cup Lakanto monk fruit
- » ¼ tsp water
- » ¼ tsp pure vanilla extract
- » 1 tsp cinnamon

## DIRECTIONS

1. Put carrots in the Instant Pot, stir together ½ cup water and Redmond Real Salt, pour over carrots.
2. Secure lid, close the steam vent. Cook on high pressure for 3 minutes.
3. While carrots are cooking, in a small bowl, mix butter, monk fruit, water, vanilla and cinnamon together.
4. Once the 3 minute timer is up, open steam vent to release the pressure. Drain the water from the Instant Pot and stir in butter mixture to coat. Serve and enjoy. Serves six!

 Submitted by Terri Baker

# INSTANT POT CREAMY CHICKEN & MUSHROOM

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## INGREDIENTS

- » ¼ cup butter
- » 1½ cup mushrooms, quartered
- » 2 cloves garlic, minced
- » ½ tsp dried thyme
- » 1 tsp Redmond Real Salt, separated
- » ½ tsp fresh ground pepper
- » 1½ lbs boneless skinless chicken thighs (or sub chicken breasts), cut into 1-inch pieces
- » 1/3 cup chicken broth (sub vegetable broth)
- » ½ cup heavy whipping cream
- » ¼ tsp xanthan gum

## DIRECTIONS

1. Turn the Instant Pot onto the sauté function and add the butter.
2. Once butter is melted, add the quartered mushrooms and minced garlic.
3. Cook, stirring frequently, until the mushrooms are nicely browned.
4. Add the thyme, ¼ tsp of the Redmond Real Salt, and pepper. Stir and cook another 30 seconds.

5. Turn off Instant Pot.
6. Place chicken pieces on top of mushrooms. Season with remaining salt.
7. Gently pour the broth into the pot.
8. Secure the lid and set the Instant Pot to manual function on high and time for 5 minutes.
9. Release the pressure naturally for about 5 minutes, then vent to release the remaining pressure.
10. Scoop out chicken onto a plate, leaving mushrooms in the pot.
11. To the mushrooms add the mustard and the heavy whipping cream. Whisk to combine.
12. Set the Instant Pot to sauté.
13. Cook until the sauce begins to thicken, stirring occasionally.
14. Remove about ½ cup of sauce and, with the separated sauce, mix in the xanthan gum.
15. Pour the mixed sauce back into the pot and stir until thickened to a gravy texture.
16. Add the chicken back in and stir to combine. Serve immediately over cauliflower rice or with the side of your choice.

# INSTANT POT TOMATO SOUP

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## INGREDIENTS

- » 2 Tbsp salted butter
- » 1 small yellow onion
- » 3 tsp dried oregano
- » 3 cloves garlic, sliced
- » 1 cup chicken broth (sub vegetable broth)
- » 28 oz canned whole tomatoes
- » 1 cup heavy whipping cream
- » 1 tsp Redmond Real Salt
- » ½ tsp fresh ground pepper
- » Optional: Fresh basil leaves, thinly sliced

## DIRECTIONS

1. Select the sauté function on the Instant Pot and allow to heat up. Add the butter, garlic and onion. Sauté for about 2 minutes, then add Redmond Real Salt, pepper and oregano.
2. Sauté another 1-2 minutes until onion begins to soften and sweat. Add broth and canned tomatoes. Secure lid and set Instant Pot to high pressure for 10 minutes. Use the quick release to depressurize. Once done, remove the lid.
3. Use an immersion blender to create a smooth, creamy consistency. Alternatively, transfer cautiously to a blender and blend until lump free and smooth.
4. Serve immediately with additional swirled in cream and sprinkle on sliced basil.

# INSTANT POT CHICKEN TACO SOUP

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## INGREDIENTS

- » 1 lb boneless, skinless chicken breasts
- » ½ cup diced white onion
- » 4 cloves garlic, minced
- » 4 tsp gluten-free taco seasoning
- » ½ tsp Redmond Real Salt
- » ½ tsp fresh ground pepper
- » 2 Tbsp lemon juice
- » 1 Tbsp lime juice
- » 2 cups chicken broth (or vegetable broth)
- » 8 oz full fat cream cheese, room temperature
- » ½ cup chopped cilantro
- » ½ avocado, sliced

## DIRECTIONS

1. Place the chicken, onions, garlic, seasonings, lemon and lime juice, and broth into the Instant Pot.
2. Cover and turn vent to sealing. Cook on high pressure for 18 minutes.

3. Allow pressure to release naturally, about 10-12 minutes.
4. Remove chicken from pot and shred with two forks.
5. Turn the Instant Pot to sauté and add the block of cream cheese.
6. Whisk constantly until the cream cheese is melted and incorporated with other ingredients.
7. Turn off the pot and return the chicken to it. Add the cilantro and stir well to combine.
8. Serve immediately. Optional: Place avocado slices and full fat sour cream on top.

# INSTANT POT STEAMED CABBAGE

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## INGREDIENTS

- » 1 head of cabbage (red or green)
- » ½ tsp dried oregano
- » ½ tsp dried thyme
- » ¾ cup vegetable broth
- » 1 tsp Redmond Real Salt
- » ½ tsp fresh ground pepper
- » 1 tsp Code Red Olive or avocado oil

## DIRECTIONS

1. Remove outer layer of cabbage and cut off the stem. Slice into bite size pieces and place in large bowl.
2. Add the spices and oil and toss to coat the cabbage.
3. Place the seasoned cabbage into the Instant Pot and lock the lid. Set on high pressure for 4 minutes.
4. Carefully use the quick release until all pressure is released.
5. Remove the lid and use tongs to remove the cabbage into a serving bowl.
6. Serve immediately.

# EASY INSTANT POT SPAGHETTI SQUASH

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## INGREDIENTS

- » 1 medium or large spaghetti squash
- » 1 cup water

## DIRECTIONS

1. Place the whole, uncut squash into the steaming basket of the Instant Pot. Add 1 cup of water.
2. Place the lid on top and lock it.
3. Set to high pressure and cook for 18 minutes.
4. Do a natural pressure release and wait 15 minutes.
5. Use the quick release to eliminate any remaining pressure.
6. Remove the lid and using tongs, carefully transfer the squash onto a cutting board.
7. Use a sharp knife to cut the squash in half lengthwise.
8. Scoop out the seeds and discard.
9. Using a fork, shred the flesh in each side of the squash halves. The strands will naturally come apart. Serve immediately with desired toppings, if any.

# INSTANT POT EASY STEAMED BROCCOLI

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## INGREDIENTS

- » 1 large head of broccoli, cut into florets
- » 1 cup water (alt vegetable broth)
- » ½ tsp Redmond Real Salt
- » ¼ tsp fresh ground pepper

## DIRECTIONS

1. Place steamer basket into the Instant Pot.
2. Toss broccoli with Redmond Real Salt and pepper. Add to the steamer basket and pour water or broth over the broccoli.
3. Lock the lid and close the steam valve. Set to high for 0 minutes. (Yes, “zero”.)
4. When you hear the chime, release the valve. Naturally release the pressure, then open the lid.
5. Allow to cool for a couple of minutes, then serve.

# INSTANT POT BONE BROTH

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## INGREDIENTS

- » 2 lbs bones
- » 1 gallon water
- » 2 Tbsp apple cider vinegar
- » 2 stalks celery, chopped
- » 2 carrots, chopped
- » 1 onion, chopped
- » 1 Tbsp Redmond Real Salt
- » 1 tsp peppercorns
- » Herbs and spices to taste (I like tarragon, sage, thyme, whole cloves and rosemary – 1 tsp each)
- » 2-3 cloves garlic

## DIRECTIONS

1. When using raw bones, roasting them first will help bring out the flavor. Place them in a roasting pan and roast for 30 minutes at 350°F.
2. Place the bones in the Instant Pot.
3. Stir the 2 Tbsp apple cider vinegar into the gallon of water and pour over the bones. Letting this sit for 30 minutes will help make the nutrients in the bones more available.
4. After letting the bones soak for 30 minutes, add the chopped vegetables, salt, peppercorns, herbs, spices, and garlic.

5. Cook at high pressure for 2 hours, followed by either a quick release or natural pressure release, whichever you prefer.
6. Let cool slightly and then strain through cheesecloth.
7. The broth can be stored in the fridge for up to five days or frozen for later use.

 Submitted by Darla Wiltse

# BUTTERY HERBED MUSHROOMS

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## INGREDIENTS

- » 4 Tbsp unsalted butter or ghee
- » 3 cloves garlic minced
- » 4 cups small cremini or white mushrooms, stems removed, as close to same size as possible (if using larger mushrooms, cut into halves or quarters)
- » ½ cup fresh parsley leaves loosely packed
- » 4 sprigs fresh oregano leaves picked
- » 4 sprigs fresh thyme leaves picked
- » 1 cup bone broth or vegetable broth
- » 1 tsp Redmond Real Salt
- » ½ tsp ground black pepper

## DIRECTIONS

1. Set the Instant Pot to Sauté. Add the butter and when it starts to foam add the garlic and mushrooms. Cook, stirring occasionally, for 5 minutes.
2. Meanwhile, set aside 2 Tbsp of the parsley. Place the remaining parsley, oregano leaves, and thyme leaves on a cutting board and chop thoroughly.
3. Add the chopped herbs to the mushrooms and stir well. In a small bowl, whisk together the broth, Redmond Real Salt, and pepper.

4. Pour broth mixture over mushrooms. Press Cancel. Secure the lid and turn the steam release valve to Sealing. Press the Pressure Cook or Manual button and set the cook time to 5 minutes.
5. When the Instant Pot beeps, carefully switch the steam release valve to Venting to quick-release the pressure. When fully released, open the lid. Use a slotted spoon to transfer the mushrooms to a serving bowl.
6. Press Cancel and then Sauté. Taste the cooking liquid and adjust the salt and pepper. Bring the liquid to a boil and cook, stirring frequently, for 3 to 5 minutes to slightly thicken the liquid. Press Cancel.
7. Very carefully pour or ladle the hot liquid over the mushrooms. Garnish with the reserved parsley. Serve hot or at room temperature.

# INSTANT POT STUFFED PEPPERS

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## INGREDIENTS

- » 1½ cups water
- » 2 cups riced cauliflower
- » 4½ oz can hot or mild diced green chiles
- » 1 tsp dried oregano
- » 1 tsp ground cumin
- » 1 tsp chili powder
- » 1 tsp onion salt
- » 1 tsp garlic salt
- » 4 oz can tomato sauce plus
- » ½ cup water
- » 4 large long bell peppers of any color (green, red, yellow, or orange), stemmed and cored

## Special Equipment

- » 2 qt 7-inch- round, high-sided, pressure-safe baking or soufflé dish
- » Pressure-safe rack or trivet

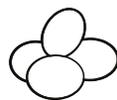
## DIRECTIONS

1. Pour 1½ cups water into the insert set in a 5-, 6-, or 8-quart Instant Pot. Set a pressure-safe rack or trivet in the insert.
2. Stir the riced cauliflower, chiles, oregano, cumin, chili powder, onion salt, and garlic salt in a large bowl until uniform. Divide this mixture among and pack it evenly into the bell peppers. Stand them up in a 2-quart, 7-inch-round, high-sided, pressure-safe baking or soufflé dish.
3. Pour the tomato sauce and ½ cup water over and around the peppers. Do not cover. Set the baking dish on the rack and lock the lid on the pot.
4. For MAX model: Set the Instant Pot for Pressure Cook and set the pressure for MAX. Set the time for 16 minutes with the Keep Warm setting off. For other Instant Pot models: Set the Instant Pot for Pressure Cook and set the pressure for High. Set the time for 18 minutes with the Keep Warm setting off.
5. When the pot has finished cooking, turn it off and let the pressure return to normal naturally, about 20 minutes. Unlatch the lid and open the cooker. Use hot pads or silicone baking mitts to transfer the baking dish (use caution, it'll be hot) to a nearby wire rack. Cool for a few minutes, then serve peppers in bowls with the sauce ladled around and over them.

## NOTES

- » For a 3-quart Instant Pot, you must halve almost all of the ingredient amounts except you must use 1 cup water in the insert. You must also use a 1-quart, 6-inch-round, high-sided, pressure-safe baking or soufflé dish.
- » For a 10-quart Instant Pot, you must increase the amount of water in the insert to 2 1/2 cups.
- » This recipe yields bell peppers that still need to be cut with a knife. If you want softer bell peppers, cook under pressure for 18 at MAX or 25 at HIGH.

# INSTANT POT DESSERTS



# INSTANT POT CRUSTLESS PUMPKIN PIE

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## INGREDIENTS

- » 2 large eggs
- » ½ cup heavy whipping cream (sub coconut cream)
- » ¾ cup granulated Lakanto monk fruit
- » 2 cups canned pumpkin puree (NOT pumpkin pie filling)
- » 1 tsp pumpkin pie spice
- » ½ tsp cinnamon
- » 1 tsp pure vanilla extract
- » 1½ cups water

## DIRECTIONS

1. Whisk the eggs until just mixed, then add the whipped cream and whisk until just combined.
2. Add the monk fruit, pumpkin puree, pumpkin pie spice, cinnamon and vanilla extract and whisk until lump-free.
3. Generously grease a 6" x 3" pan with butter or oil. Line bottom of pan with parchment paper.
4. Pour pumpkin mixture into the pan.
5. In the inner lining of the Instant Pot, add the water.

6. Place a steamer above the water and gently add the pumpkin dish onto the rack.
7. Cover the pan with aluminum foil or a silicone lid.
8. Set the instant pot to high pressure and cook for 20 minutes.
9. Allow the pressure to release naturally for 10 minutes. Quick release any remaining pressure.
10. Carefully remove the foil or lid. Watch for condensation; do not allow it to drip onto pumpkin dish.
11. Place into the fridge and chill for 6-8 hours or overnight before serving.

# INSTANT POT CRUSTLESS CHAI PUMPKIN PIE CUPS

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## INGREDIENTS

For the pumpkin pie cups:

- » 6 egg yolks
- » 2/3 cup Lakanto monk fruit sweetener
- » 1 cup pumpkin puree
- » 1 cup unsweetened almond milk or coconut milk
- » 2 tsp chai spice blend or pumpkin pie spice
- » pinch of Redmond Real Salt

For the marshmallow fluff:

- » 2 egg whites
- » 1/3 cup Lakanto monk fruit sweetener
- » 1/8 tsp cream of tartar
- » 1 tsp pure vanilla extract
- » pinch of Redmond Real Salt

## INSTRUCTIONS

1. Whisk together all of the pumpkin pie cup ingredients in a medium bowl or a large glass measuring cup.
2. Prepare the ramekins with nonstick spray. Pour about 1/2 cup of the mixture into each ramekin. Cover each ramekin tightly with a small piece of aluminum foil.
3. Pour a cup of water and the wire rack into Instant Pot. Put three ramekins on the rack. If you have another similar rack, place it on top of the ramekins and stack the other ramekins on top.
4. Close the lid and the steam valve. Set Instant Pot to high pressure for 8 minutes. Let pressure release naturally for 15 minutes before releasing any remaining pressure manually.
5. Carefully remove ramekins and let them sit, covered, until they're cool enough to handle. Transfer them to the fridge and chill for at least 4 hours or until completely cold.
6. A few minutes before you're ready to serve the cups, make the fluff by putting the egg whites, sweetener, and cream of tartar in a large heat-safe bowl. Place that bowl on a saucepan with an inch or two of water in the bottom. Cook over medium-high heat, whisking, until sweetener is dissolved and the mixture is warm to the touch.
7. Transfer the bowl to a flat work space and beat with a hand-held mixture for about 5-7 minutes until the whites are fluffy and soft peaks form. Add the vanilla and salt and beat until combined.
8. Immediately top each pumpkin cup with a big spoonful of the fluff and toast it with a hand-held kitchen torch or under an oven broiler for just a few minutes.

# INSTANT POT CRUSTLESS BERRY CHEESECAKE

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## INGREDIENTS

- » 16 oz full fat cream cheese softened
- » 1 cup Lakanto monk fruit sweetener
- » ¼ cup full fat sour cream
- » 2 tsp vanilla extract
- » 2 eggs
- » 2 cups water
- » ¼ cup blackberries and strawberries for topping

## DIRECTIONS

1. In large bowl, beat full fat cream cheese and monk fruit sweetener until smooth. Add sour cream, vanilla, and eggs, and gently fold until combined.
2. Pour batter into 7-inch springform pan. Gently shake or tap pan on counter to remove air bubbles and level batter. Cover top of pan with tinfoil. Pour 2 cups of water into Instant Pot and place steam rack in pot.
3. Carefully lower pan into pot. Press the Cake button and press the Adjust button to set heat to More. Set time for 40 minutes. When timer beeps, allow a full natural release. Using sling, carefully lift pan from Instant Pot and allow to cool completely before refrigerating.
4. Place strawberries and blackberries on top of cheesecake and serve.

# WHERE TO GET MY FAVORITE INGREDIENTS

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## CODE RED OLIVE OIL

[www.coderedoliveoil.com](http://www.coderedoliveoil.com).

## LAKANTO MONK FRUIT SWEETENER

[www.coderedlifestyle.com/amazon](http://www.coderedlifestyle.com/amazon).

## INSTANT POT

[www.coderedlifestyle.com/instantpot](http://www.coderedlifestyle.com/instantpot).

## AIR FRYER

[www.coderedlifestyle.com/airfryer](http://www.coderedlifestyle.com/airfryer).

## EGG RACK (TRIVET)

<https://amzn.to/3ZKL38n>

(or [www.coderedlifestyle.com/amazon](http://www.coderedlifestyle.com/amazon) and look under Tools).

## WANT MORE CODE RED RECIPES?

Grab the Code Red physical cookbook at [www.coderedlifestyle.com/cookbook](http://www.coderedlifestyle.com/cookbook)!