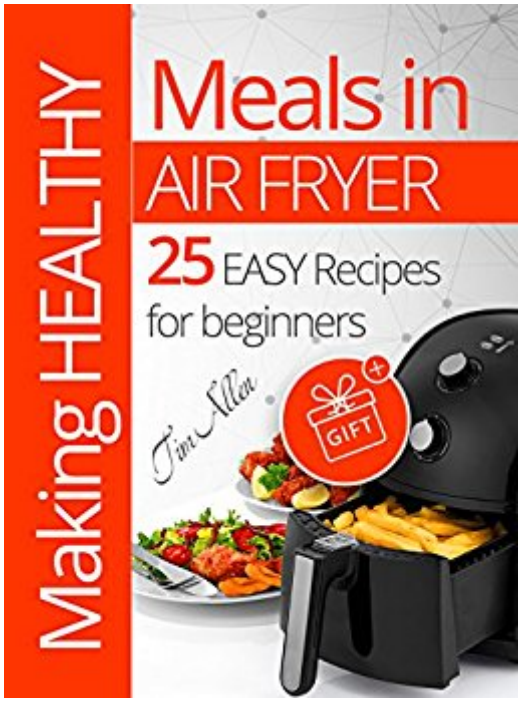
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Making Healthy Meals In Air Fryer. 25 Easy Recipes For Beginners.



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Synopsis

Every time you use an air fryer to prepare meals you get food with a crispy brown exterior and moist tender interior. It is seen to be different from regular deep frying as the food doesnÃ¢â ¬â„¢t come with too much oil. It is important to know that air fryers not only cook deep fried foods but offer variety because you can cook foods that one usually cooks in the oven and microwave.EBook provides different types of recipes including breakfast recipes, lunch recipes, dinner recipes, side dish and snacks as well as desserts. Reading through the book will give you an open mind on how to use the air fryer and gives you a general idea of how to prepare the best meals for your meals.

Book Information

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Customer Reviews

I just adore this book! My children love crispy food, but I’m trying to instill a healthy lifestyle, so this kitchen tool - is my savior! Using my Air Fryer and its fantastic recipes I get incredibly healthy food with very little oil.Air fried chicken recipe is my favorite one! Tender inside and crispy on the outside, perfect!

Making healthy meals in Air Fryer - an Excellent guide for the cooking of tasty and delicious dishes.

The book contains many recipes for breakfast, lunch, and dinner. And also a variety of snacks and desserts. Especially this book will be interesting to gourmets. I prepared Salmon in Air Fryer with Dill Sauce and Portabella Pepperoni without much effort. And a Chocolate Muffins is just yummy. I advise you not to regret it.

This book is made with high hopes that you will enjoy using the Airfryer as many others have around the world and the recipes inside will inspire you to cook healthy, well-balanced meals for you and your family. Your hot air fryer can even be used to prepare deliciously roasted, baked, sautÃƒÂ©ed, and grilled meals, including roast turkey breast, beef rolls, stews and much more. Most of the recipes should work equally well for other basket-type air fryers.

Good recipes and the price was right.

I love this book, it helps learn about air frying.

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