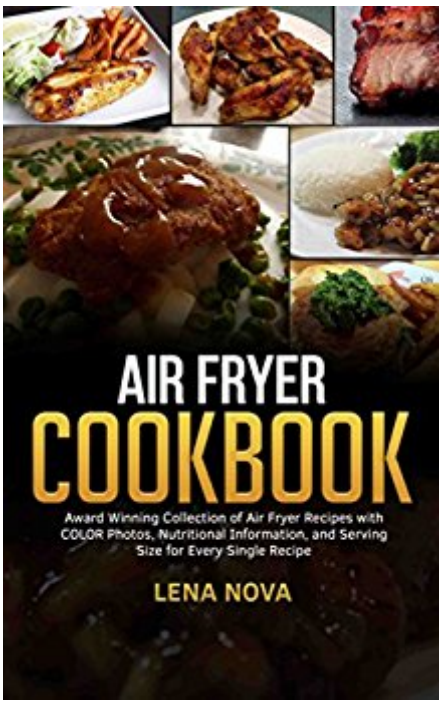
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Air Fryer Cookbook: Air Fryer Recipes With Color Photos



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Synopsis

Kindle MatchBook: The Kindle edition is FREE when you buy the paperback edition today!The top collection of the very best air fryer recipes with color photos, serving size, and nutrition information for every recipe!The most respected authorities on longevity, weight loss, nutrition and health have known for years that traditional frying is one of the least healthy methods for preparing food. Fried food is a major contributor to obesity, heart disease, high blood pressure, and a variety of other serious illnesses.Now you can enjoy delicious fried food without destroying your health!You donÃ¢â ¬â„¢t have to make a choice between losing weight and eating tasty food anymore. With this collection of the absolute best air fryer recipes available, you can eat all of the amazing fried chicken, juicy pork, and mouth-watering beef dishes without gaining weight and clogging your arteries with nasty oil and grease. Every single recipe includes a COLOR PHOTO as well as serving size and complete nutritional information!The air fryer has been miracle appliance for people who want to eat healthy but donÃ¢â ¬â„¢t want to give up their favorite foods. Even better, the air fryer is fast! You donÃ¢â ¬â„¢t need a lot of time to cook world class meals with your air fryer. With the air fryer, you can enjoy healthy meals at home with your family every night of the week while losing weight and doing the right thing for your body and your health. No appliance in history makes healthy home cooking easier than the air fryer and this collection of award-winning recipes lets you unlock the power of your air fryer for you and your family.Award winning air fryer recipes!The air fryer is not just about chicken wings and french fries. You will be amazed at the quality and variety of meals you can make using your air fryer and the recipes youÃ¢â ¬â„¢ll find in this cookbook. Eating delicious meals that are healthy and promote weight loss has never been easier! Let’s face it: if a diet isn’t fun and enjoyable then it wonÃ¢â ¬â„¢t take too long before it becomes impossible to stick to. Don’t set yourself up for failure! Grab this amazing collection of award-winning recipes now and get excited for what you can start enjoying using your air fryer today! For less than the cost of a combo meal at a fast food restaurant, you can get your hands on the best air fryer recipes that will last you for months, all with complete nutritional information, serving sizes, and color photos in this air fryer cookbook. Every recipe is unbelievably easy to make and they are so delicious and healthy you will be proud to serve these meals to your family and friends over and over again!The tastiest and healthiest air fryer recipes youÃ¢â ¬â„¢ll ever eat!Fat loss expert Lena Nova has put together the definitive top collection of award winning air fryer recipes that are unlike any other. Whatever you are craving, you can find something to suit your tastes in this cookbook. Critics rave that this air fryer cookbook has elevated the air fryer to a Ã¢â ¬Å“must haveÃ¢â ¬Â• kitchen appliance. DonÃ¢â ¬â„¢t miss out!Say Ã¢â ¬ËœYESÃ¢â ¬â„¢ to the very best air fryer recipes and a thinner,

healthier you!Grab this cookbook today and see why cooking healthy, low fat meals with the air fryer is becoming so popular. DonÃ¢â ¬â„¢t miss out on these amazing recipes that your family will want to enjoy again and again and that will make you feel healthier and thinner than you have in years!

Book Information

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Customer Reviews

I love this cookbook. First of all, I love how the recipes each include a color photo. Too many cookbooks out there don’t do that and it always baffles me because cooking and enjoying food is such a visual experience, not just about taste.Second, I love that the recipes are focused on health. The whole point of buying an air fryer is to control what goes into my body and since every recipe in this cookbook has full nutrition tables eating the recipes in this cookbook makes it easy to stay away from anything unhealthy.Finally, I love how the book is sorted according to the types of protein. This is the logical way that cookbooks should be organized. I can just look at what I have in the fridge and flip to the right part of the book and see what my options are.All in all, this one is a big 5 stars for me and I will be getting a lot of use out it in the future.

This is a high quality book with high quality recipes. The presentation of the recipes is really top notch and I like that it isn't just the same old stuff I've seen in other Air Fryer Cookbooks. There is lots of variety in proteins and ingredients used in the recipes and I feel like it has given me a new reason to use my air fryer. Great cookbook!

Healthy air fryer recipes that my family can enjoy together regardless of whether they are on a low fat diet or not. I like the book has big color photos that make the meals look so appetizing and the recipes taste just as good as regular fried food but without all the artery clogging oil.

Great cookbook that is about quality, not quantity. I've bought those other air fryer cookbooks with a million recipes, but they are all just random garbage pulled from the Internet and often repeated in the book.This air fryer cookbook is very high quality in its presentation with color photos of every meal. The recipes are also the best collection of air fryer recipes I have in one place. It is my most used air fryer cookbook

These are the best recipes I've tried for my air fryer. The cookbook isn't as big as some others but it is about quality not quantity. The recipes are presented well with color photos and nutritional information and all the recipes I've made have turned out perfectly. They aren't hard to make but they look like a lot of time and effort went into them so they're great for serving family and friends.

This was my first time to try the air fryer and I am happy that this book made it easier for me to understand it quickly at the same time recipes are healthy. I found this book really a great help most especially for someone like me who doesn't have any background. Recommended!

This book is all about meat and seafood cooking in the air fryer. All the recipes are regular ingredients and give you a starting point to using your air fryer. Not a very lengthy book, but well worth the money!

Nice recipes. Thanks for nutritional information. More recipes, please.

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