

Air Fryer Cookbook - The Most Popular Delicious and Simple Recipes (Paperback)



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(Matteo Torp)

AIR FRYER COOKBOOK - THE MOST POPULAR DELICIOUS AND SIMPLE RECIPES (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Your Easy Cooking for a Healthy life! With the introduction of air fryers, the oil in fried meals just flat out disappears! Well, not so much as disappears as is reduced by up to 80 which if you ask me, and I am sure you would agree, is pretty much amazing and refreshingly comforting. That is exactly what air fryers are all about. With an air fryer, you can have all those meals that you have forbidden for yourselves but still eye once in a while right back on the menu. With an air fryer, you can indulge in your favorite pastries without a trace of guilt. With an air fryer, gone is the fear of adding weight when you make those recipes you have so Including Recipes for Vegetarians ! This cookbook brings you easy and awesome dishes that could be prepared using an air fryer. Here are some of them: Fried Chicken with Vegetable DressingPanko Crusted Fish FilletsBaked Corn Potato BreadGarlic and Vermouth Roasted MushroomsAubergine Cheese SlicesPotato CroquetteFried Ice CreamFruit MuffinFrench FriesVegetable Spring RollsOnion PakorasBanana Chips, and others. The food created with the air fryer has the same crispy, delicious taste as obtainable through deep frying only minus the fat!! hope you get to try out and enjoy each one of the recipes !.

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