



## Air Fryer Cookbook: 127 Tasty Air Fryer Recipes for Healthy Meals (Paperback)

By Jan Morgan

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Enjoy All the Fried Foods You Want without Sacrificing Your Health Cook Tasty And Healthy Meals Your Family Will Love Without All The Grease And Oil! Do you find it hard to create time to cook, do you find it hard to let go of those fatty foods and lose weight, and do you want to enjoy fried foods without the grease and oil? If your answer is yes to any of these questions, then this Air Fryer Cookbook is for you! It may sound too good to be true; but, it s true. Air Fryers cook with little or no oil. With it, you can prepare tasty, healthy meals that look and taste just like the ones prepared in oil fryers without compromising your health. Air Frying is really a fast and healthy way of frying. This book is all you need to learn all about air frying. It is packed with tasty, lip-smacking diverse dishes from different cuisines. From breakfast, chicken, pork, seafood and beef dishes to appetizers, side dishes, snacks and dessert recipes, you can now take advantage of...

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