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Air Fryer Cookbook: Award Winning Collection of Air Fryer Recipes with Color Photos, Nutritional Information, and Serving Size for Every Single Recipe (Paperback)

By Lena Nova

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 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 don'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 a miracle appliance for people who want to eat healthy but don't...



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