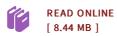




## Air Fryer Cookbook: Easy Air Fryer Recipes for Fast, Healthy and Delicious Meals (Paperback)

By Dana Summers

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Enjoy Classic Favorites As Well As New, Easy and Delicious Air Fryer Recipes Starting Today The Air Fryer is your one-stop appliance to healthier, more vibrant, quicker, and cleaner meals, and the Air Fryer Cookbook is your in-depth map to this new-on-the-scene gadget. Whether you re single, a busy mom, throwing yourself into your career, or a cooking novice, the Air Fryer is your ticket to better living-with 80 less used fat than other fryers. That s the difference between obesity and your best weight, all in fewer minutes than your normal, oven- or stove-cooked meals. This cookbook s step-by-step directions, alongside extensive nutrition information, including calories, carbohydrates, sodium, fat, and protein, allow you to keep tabs on your health with efficiency. Regardless of your diet: be it vegetarian, vegan, ketogenic, Paleo, high protein, or just low calorie, you can fry, grill, roast, and bake everything from the simplest, most delightful dinner to a more extensive sweet potato pie. Chicken, pork, beef, vegetarian, vegan, breakfast, sides, and desserts: whatever you need, this book will provide you with recipes to...



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