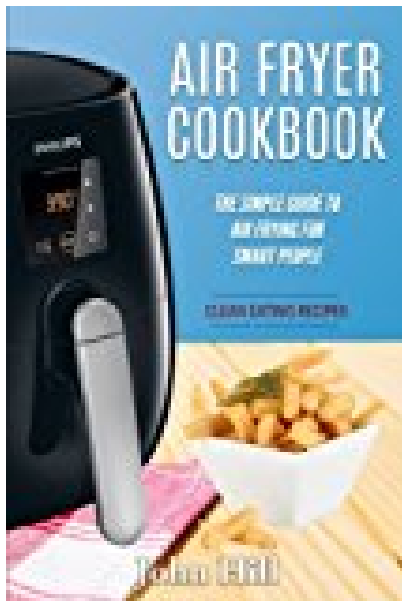


# Air Fryer Cookbook The Simple Guide To Air Frying For Smart People - Air Fryer Recipes - Clean Eating

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## BOOK DETAILS

- Author : John Hill
- Pages : 122 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1537755862

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## **BOOK SYNOPSIS**

Healthy, Delicious, and Easy - Everything You Need! Read More and discover the easy way to lose weight! What the heck is an Air Fryer? An Air Fryer is a revolutionary device that allows you to enjoy the taste and crunch of fried foods without all the oil and grease. Inside Air Fryer Cookbook: The Simple Guide to Air Frying for Smart People, you'll discover how to create amazing fried treats-and even full meals-that save you time, promote heart health, and help you lose weight! Is an Air Fryer hard to use? Absolutely not! Everyone can use this simple appliance - even children and elderly people. Air Fryers are a lot safer to use than traditional fryers because they don't require large amounts of hot oil. All you have to do is load up your Air Fryer with your favorite ingredients (or choose one of the many amazing recipes in this book). Then, you can sit back and relax as this sophisticated, easy-to-maintain modern device takes care of the rest. Why are Air Fryers Better for You and Your Family? Cooks love Air Fryers Cook because this fast and easy process cooks the food without removing essential vitamins and minerals. You'll save money on ingredients (especially oil) and enjoy much more than just frying - modern Air Fryers can also bake, roast, and grill. You can even prepare two dishes at once - one fried and the other baked! Inside this fascinating book, you'll discover a wealth of delicious Air Fryer recipes: Traditional Cheese and Hearty Japanese Omelets Anytime Air Fried Bacon Craveable French Toast Sticks Crispy Avocado Fries, Fun Sweet Potato Fries, and Traditional French Fries Spicy Chili Garlic Potato Wedges Vegetarian Spinach and Cheese Lasagna Light and Filling Quinoa Stuffed Mushrooms Family Favorite Chicken Drumsticks Homebaked Butter Crayfish Tangy Ratatouille Peppered Fish Fillets with Bread Crumbs Mini Chorizo Empanadas Crispy Fried Spring Rolls Pork Satay with Peanut Sauce Homestyle Roast Beef Brazilian Meat Balls Don't wait another second to start enjoying your favorite foods with far less grease and fat. It's time to give your body the light, healthy-and delicious-meals it deserves with Air Fryer Cookbook: The Simple Guide to Air Frying for Smart People Just scroll up and click on the "Add To Cart" button - it's simple, fast, and easy!

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