

Read Air Fryer Cookbook: It's Time to Air Fry: Easy and Tasty Recipes for Your Air Fryer EPUB Online



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Book Description

Do you know that you can cook your favorite fried food with as much as 75 to 80 percent less oil or no oil at all using an amazing air fryer? Yes! You read that right! You can fry food without any oil! All you need is rapid circulating hot air! Crispy and crunchy food cooked the healthy way. This book is a catalog of delicious and healthy food you can cook using an air fryer. Here's what you'll get: Why air fried food is healthier than oil fried food How air fryers cook with little or no oil What food you can cook in an air fryer How much food you can cook in an air fryer The advantages of using an air fryer Dishes that you can grill, roast, and bake using your fryer You will get all these, PLUS 40 delicious air fried recipes for breakfast, main meal, snack, and dessert.