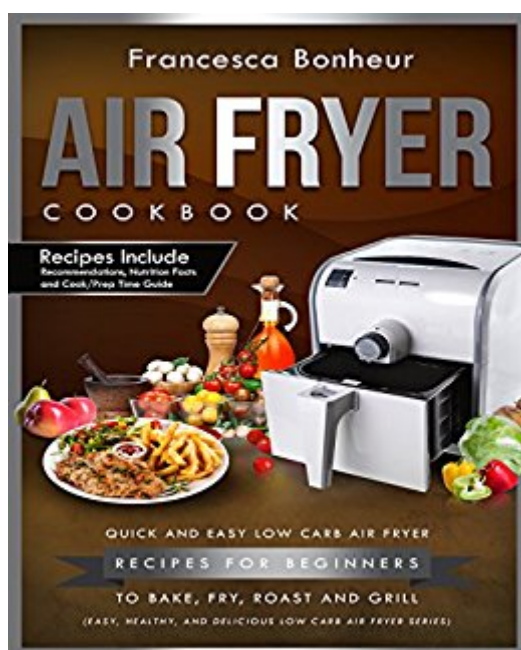


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Air Fryer Cookbook: Quick And Easy Low Carb Air Fryer For Beginners To Bake, Fry, Roast And Grill (Easy, Healthy And Delicious Low Carb Air Fryer Series Book 1)



Synopsis

How You'll Benefit from an Air Fryer

Book 1 of 6 in My Air Fryer cookbook series! There's a new gadget on the market that has the review polls on an uproar. The air fryer has been up and coming, and swaying its purchasers to pass along the good news -- good news that these air fryers have a lot to offer. If you have been contemplating on whether the air fryer is worth the expense, you may want to check out its benefits, which may give you that needed confirmation for your decision.

Air Fryer Benefits

An air fryer has many benefits to offer its customers.

- Low-fat meals
- Easy clean up
- Uses hot-air circulation, the air fryer cooks your ingredients from all angles- with no oil needed. This ultimately produces healthier foods than most fryers and spares you from that unwanted aroma of fried foods in your home.
- To make sure you get the most out of your appliance, most fryers are accompanied with a recipe book to help you get started right away on your journey of fast, yet healthy meal preparations. Whether your favorite dish is french fries, muffins, chips, chicken tenders or grilled vegetables, an air fryer can prepare it all.

Air Fryer Benefits

At the tip of your fingers, you can have an appliance that specializes in making delicious, healthy meals that look and taste just like the ones made in oil fryers. The air fryer serves up many ways to be useful in your life.

Consider:

- Do you find yourself short on time to cook?
- Are you having a hard time letting go of those fatty foods, but still want to lose weight?
- Are you always seeking to get a bang for your buck?

If you answered yes to any of these questions, then an air fryer may be for you.

Air Fryers have the ability to:

- Cook multiple dishes at once
- Cut back on fatty oils
- Prepare a meal within minutes

While every appliance has its cons, the air fryer doesn't offer many.

- Hot exterior surfaces and bulky weight? You can avoid hazards with the fryer's heat by using cooking gloves while shifting positions of the fryer and by also placing the fryer in areas that are out of reach for children, which is recommended for all fryers.
- The fryer may be bulky in weight, but its dimensions are slimmer than most fryers. An air fryer can barely take up ?? of an average counter space.

If you need fast, healthy, convenient and tasty, then once again, an air fryer may be for you.

No Grease, No Mess

With an air fryer you can enjoy the fact that no oil is needed to cook your food.

Here Is A Preview Of What You'll Learn...

- Breakfast Recipes
- Lunch Recipes
- side dishes
- Snacks and Appetizers
- Desert Recipes

And much, much more!

Tags: Air Fryer cookbook, Air fryer recipes, low carb, quick and easy meals, Poultry, low fat, tasty, delicious, Healthy, Chicken recipes, Chicken book, fry, bake, Grill, for beginners

Book Information

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Customer Reviews

Great product for the price, really nice simple recipes for the every day family. It has everything you need to get started with making great recipes. The book starts off with great tips and in depth information about the air fryer and its benefits. I wouldn't mind repeating some of the dishes here because they are yummy.

As soon as I started going through this I was drawn to how beautiful it's put together! It is very well organized and every meal has its nutritional value which is great! I love this book! I'm definitely going to be trying some of these delicious recipes

Another air fryer cookbook to learn. I like reading cookbooks because I can learn new recipes and new ways to cook foods in an easy and healthy way of cooking. I like this book because the effort of the author to catch the attention of the reader by having an images of the food. I am excited to try this recipes at home.

This book is fabulous. It comprises an extensive assortment of luscious dessert recipes. It's

great because it's all easy to make with the use of Air Fryer. I have tried to make the mouth-watering cakes and mini doughnuts recipes from this book and it's truly delicious. My family really loves it. It's certainly amazing. I highly recommend this book to everyone.

I like that this is a healthy version of recipes for my fryer.

Easy to follow...some simple recipes....good directions

This is not a low carb cookbook. The recipes might be good and there may be a couple of them that are low carb but most of them are not. No idea why they included the words "Low Carb" in the subtitle but it is seriously misleading ... I mean there is an actual french fry recipe as if they have magic low carb potatoes

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