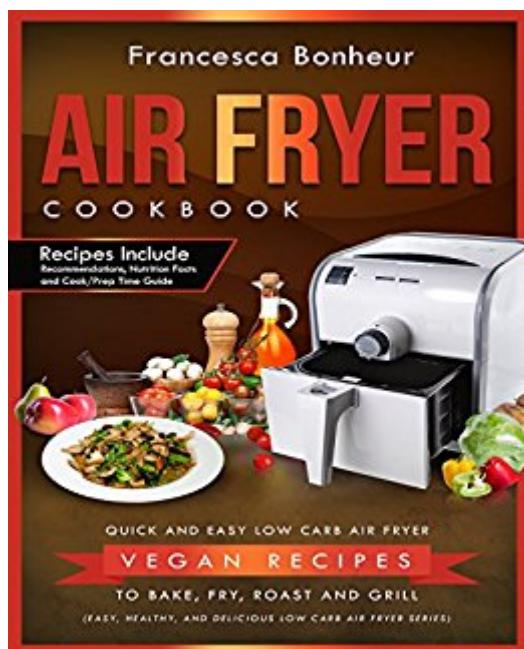


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# Air Fryer Cookbook: Quick And Easy Low Carb Air Fryer Vegan Recipes To Bake, Fry, Roast And Grill (Easy, Healthy And Delicious Low Carb Air Fryer Series Book 5)



## Synopsis

VEGANISM IS NOT A DIETBook 5 of 6 in My Air Fryer cookbook series! A huge mass of people tend to strongly believe that Vegetarianism is no more than a trend people want to follow; then abandon after a short period of time. Many other people may think that all the food, we eat when we follow a vegetarian diet, doesn't taste good. And on this framework, this book is writer in order to help you learn that Vegan food can be more delicious than you can even imagine. In this Vegan book, you will change all your thoughts about the way you think of Vegan food, especially when it is related to air fried food recipes. No more worries about the conventional boring taste of Vegan meals, because you are just about to try some of the healthiest and, creative recipes. This Cookbook won't ignore the principles of Vegan diet and will show you the best way to help you enjoy some of the most innovative air fried recipes. Get ready to put away all the preconceptions you once had about vegan diet and vegan meals. You will also find, in this book, a wide range of plates and everything you need including breakfasts, Lunch recipes, snacks, side dishes and even desserts. And while there will be no meat in all the recipes included in this book; you will find it rich in vitamins, nutrients and you will notice how healthy the recipes through the nutrition calculated information of every recipe. All the nutrition information is precise and calculated with the help of a certified nutritionist, so that you can make the recipes without having any doubt. If you still believe that Vegetable don't taste good, then you should give it a second a thought because the recipes you will find in this book will change your mind for once and for all. All the recipes provided to you, in this book, will come up with an inventive and appealing presentation that will both appreciated and even loved by meat eaters and vegans at the same time. Get ready to read "THE REAL IDEAL AIR FRIED VEGAN MEAL" and make some of the most fascinating recipes you can ever make. Here Is A Preview Of What You'll Learn...Breakfast MealsLunch MealsSides DishesSnacks and AppetisersDesert RecipesMuch, much more!Download your copy today!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, air fryer vegetarian, air fryer vegan

## Book Information

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## **Customer Reviews**

Air Fryer was the most updated cooking appliance that you should be having. It will transform your ordinary ingredients into a royal meal for you and your family. What I learned from this air fryer cookbook is that you don't need to be a chef to master all the recipes inside and it is a lot easier to follow because procedures are provided and these meals are less on cholesterol and saturated fats but contain nutrients within it. I tried Breakfast Berry Pizza and it is easy to prepare and it is delicious!

This book has variety of recipes clustered for breakfast, lunch, snacks and desserts. They sounds healthy as the nutritional information was also written along with the recipes as a guide of their nutrients per meal. The cover page looked neat, so overall, this book is good.

An air fryer cooks food with hot air instead of oil, making it a very healthy appliance to have in the kitchen. So without hesitations, I bought Airfryer thru online. In this article, the author shared the best and healthy Airfryer recipes.

My cousin, who recently moved in, is a vegan. And cooking it's been always a problem. Now I don't have that problem anymore. He says he loves almost everything on this book.

This is a great cookbook for vegan recipes! It covers a large variety of recipes sorted by meal, and

best of all, they're all vegan! It even has side dishes. The meals cover a lot of cultures (e.g., spaghetti with carbonara sauce, egg rolls, and quinoa sticks) so your tastebuds won't get bored. It also includes desserts. The recipes include cook time, prep time, serving size, and nutritional information. If you have an air fryer you will probably like this cookbook, whether you are vegan or not. The meals are delicious!

I'm not a vegan and never had been, but my girlfriend is, so I became my girlfriends guinea pig with these vegan meals, but surprisingly I actually enjoyed some of the recipes, which I didn't think I would! I specially enjoyed the lunch recipes, The black beans tortillas are delicious. The spaghetti and carbonara sauce was also one of my other favorites. I would recommend this book to anyone who is willing to go out of the comfort zone when it comes to recipes in vegan cuisine.

Easy recipes and great tasting ones as well. Truly decent straightforward recipes for the consistently, snappy and simple. This cookbook will be utilized each day. If you need an air fryer cookbook with stuff you have in your home then this is the one. With this book, you can amaze your companions....and feel like a cook. Nice book...!

This cookbook is really fit for my air fryer with vegan recipes to choose inside this book, I simply pick my favorite recipes. Even if I'm not a good cook I simply follow the instructions here and food is served right away. Good thing I spent less time in the kitchen. The new way of cooking fry without fats.

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