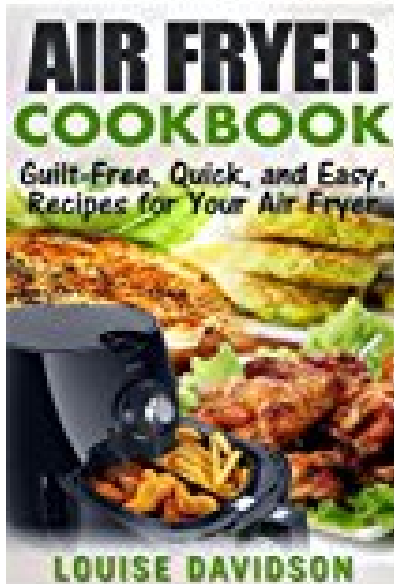


# Air Fryer Cookbook Guilt-Free Quick and Easy Recipes for Your Air Fryer

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## BOOK DETAILS

- Author : Louise Davidson
- Pages : 78 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1542887623

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## BOOK SYNOPSIS

GUILT-FREE and HEALTHY fried foods? YES, it is possible with the magic of AIR FRYERS! An air fryer is an appliance that is designed to simplify your life and make you healthier at the same time by taking the guilt out of some of your favorite "fried" foods. Enjoy one of the hottest culinary trends today! Are you tired of feeling guilty every time you reach for a French fry or get a craving for spicy chicken wings? You are not alone. There is a new movement, brought on by those who want to be healthy but miss those decadent indulgences, and it all revolves around one simple but amazing appliance: the air fryer. The air fryer "fries" without all the extra oil, making your favorite snacks just as delicious as the originals, but much healthier at the same time. The air fryer, however, is more than a snack food machine. It can help you create an incredible variety of dishes, and this book will help to show you that incredible diversity. From breakfast to dessert and everything in between, this book and your air fryer will get you started on the path to healthy eating that is more enjoyable than you ever thought possible. Inside, you'll find: Introduction to and tips for using air fryers. Wholesome breakfast recipes like the Individual Greek Frittatas and the Breakfast Empanadas Delicious chicken recipes like the Tender Buttermilk Chicken and the Asian Peanut Chicken Skewers Satisfying pork, beef and lamb recipes like the Italian Sausage with Seasoned Roasted Peppers, the Herb Marinated Steak Salad and the Lamb Meatballs with Creamy Minted Cucumber Sauce Delightful fish and seafood recipes such as the Coconut Lime Shrimp and the Garlic Tarragon Buttered Salmon Quick and Easy vegetable, side, and snack recipes such as the Classic French Fries, the French Fry Style Zucchini and the Sweet Potato Croquettes Luscious dessert recipes like the Walnut Raisin Stuffed Apples and the Double Chocolate Brownies And many more! Let start cooking! Scroll back up and order your copy now!

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