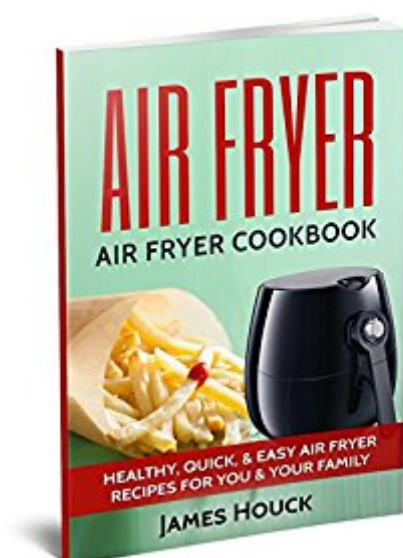


The book was found

Air Fryer: Air Fryer Cookbook: Air Fryer Recipes: Healthy, Quick, & Easy Air Fryer Recipes For You & Your Family (Air Fryer, Air Fryer Cookbook, Air Fryer Recipes Book 1)



Synopsis

Are you craving for fried food but scared of the high fat and calories? Are you looking for a way to enjoy your fried delicacies which are tasty and healthier at the same time? If the answer to the above questions is "YES", you have come to the right place. Like you and me, many people love deep-fried food such as French fries, potato chips, and fried chicken. However, besides taste, such food comes with their own drawbacks. Fried food is generally very high in fat and calories that contributes to high cholesterol. What if I tell that you can now enjoy your favorite fried food without using excessive oil? Sounds impossible? Let me introduce you to Air Fryer. An air fryer is a modern kitchen wonder that gives fried food lovers like you and me an easy access to fried food with 80% less fat. Air fryers are also a safer solution because they do not require a pan filled with hot oil to produce food with a fried consistency. Here's a preview of what you'll get from this book:

- What is an Air Fryer?
- Features of an Air Fryer
- Benefits of an Air Fryer
- When to Use an Air Fryer?
- Air Fryer FAQs
- Healthy, Easy, and Quick Air Fryer Recipes
- Much, much more!

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Book Information

File Size: 264 KB

Print Length: 84 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 24, 2016

Sold by: Â Digital Services LLC

Language: English

ASIN: B01MY0CAPR

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

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