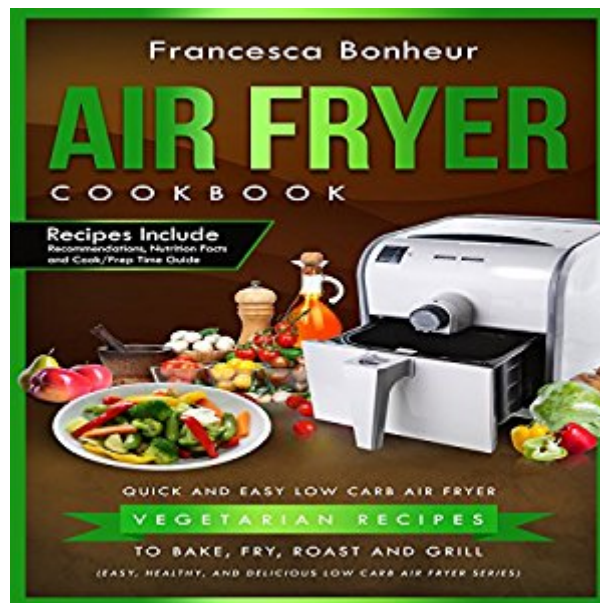




The book was found

Air Fryer Cookbook: Quick And Easy Low Carb Air Fryer Vegetarian Recipes To Bake, Fry, Roast And Grill



Synopsis

Welcome to air fryer vegetarian recipes - 31 magical ways to cook vegetables in the air fryer. Book four of six in My Air Fryer cookbook series! You don't have to be a vegetarian to enjoy these recipes. These recipes are great side dishes, perfect for if like my mum you have a teenage vegetarian to accommodate, or just want to get in your five a day. I also use several of these recipes as a way to get rid of vegetables before it goes past its sell by date. 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. 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.

Book Information

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in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

I usually cook my meal using an air fryer and collecting cookbooks like this one for a variety of

meal. The recipes in this cookbook are divided into four groups such as recipes for breakfast, lunch, snacks and appetizers and side dishes. And they sound healthy and palatable. Really good for collections.

Great cookbook! It helps me to comprehend and figure out how to use Air Fryer much better without stressing over calorie consumption and the negative sides of taking fried sustenance. I welcome the way recipes are flawlessly put into feast classifications which makes it simple for me to go after any reasonable recipes at whatever time. This cookbook contains healthy delicious recipes that are very easy to prepare. Recommended.

I highly recommend that you purchase this book if you want to maximize use of your air fryer! It's beautifully written with taste-tempting recipes and helpful hints that get you quickly up to speed. Notably, the author inspires you to adapt other recipes to the ease of air-fry cooking.

Great recipe book. The recipes contained in this book are very easy to make and taste amazing. I bought my air fryer a couple of months ago but never really used it until I came across this book. Highly recommend to everyone who wants to learn how to use their air fryer.

Once you get used to the fact that the recipes were translated into English (somewhat poorly) the book is fine. The book is lacking in cohesiveness and doesn't always stay true to 'air frying' and that's fine. The same spices are used throughout and that gets a bit boring. I did read every recipe. I don't feel a need to keep the book.

Wow this is quite the collection of deliciousness when it comes to using this new piece of amazing equipment, the air fryer. I've already tried several of the recipes and they are quite tasty!

Wonderful guideline for an air fryer beginner. I think I should start with fries first. I still prefer to fry chicken wings. This is totally great air fryer recipes.

Haven't used it yet but the recipes are detailed and easy to understand and it does have some great recipes.

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