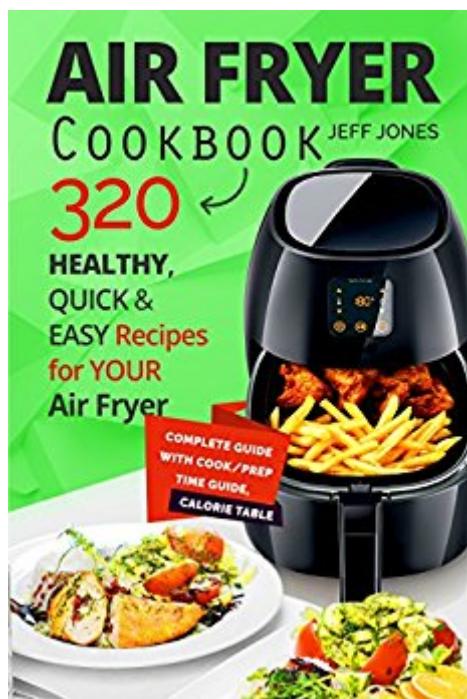


The book was found

Air Fryer Cookbook - 320 Healthy, Quick And Easy Recipes For Your Air Fryer.



Synopsis

Are you still choosing between healthy and tasty food? Do you think that healthy meals are tasteless and you can't survive on them more than a week? Or probably you suppose that preparing delicious food requires lots of time and patience? If so Air Fryer Cookbook - 320 Healthy, Quick and Easy Recipes for Your Air Fryer is for you! There is no need to enumerate the benefits of air fryer - everybody takes care about their food and health has already got them this handy device. All that is left get a good cookbook! Inside of Air Fryer Cookbook - 320 Healthy, Quick and Easy Recipes for Your Air Fryer you will find plenty of healthy, tasty, and easy to make recipes, Perfect choice for busy people â€“ all of our recipes take less than an hour to cook. And to make your menu varied we went beyond frying and included also baked, grilled, and roasted recipes. So you get yourself various, delicious and healthy meals for almost a year and never get bored! Your experience in air fryer cooking doesn't matter you've just bought your air fryer or you're an experienced user - you will find some recipes interesting for you. With Air Fryer Cookbook - 320 Healthy, Quick and Easy Recipes for Your Air Fryer you will learn How to cook tasty food for breakfast, lunch, dinner, snacks and of course the desserts How to cook fast, eat healthy and feel great How to use your air fryer for all purpose How to cook such recipes in your air fryer as blueberry muffins, grilled cheese sandwich, roast vegetables and much more Several reasons you should buy this book We collected recipes for both vegetarians and meat lovers You will enrich your daily life with tasty and nice-looking dishes Our recipes apply to any level of experience in air fryer cooking Healthy and well balanced food every day Grab your copy now and stop choosing between healthy and tasty food!

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Customer Reviews

I just got my new Power Air Fryer & wanted to cook chicken drumsticks and thighs without any breading or flour. This had a great simple recipe with just a little tiny bit of oil & salt & pepper which was just what I was looking for. It gave me step by step directions and the trick of reducing the heat during the 2nd half of cooking which made the chicken look great and it came out crispy but moist on the inside, Perfect! It gave the weight of the chicken for the recipe which I adjusted a little bit since I had more weight with the chicken thighs. (I knew I could use the same recipe for chicken thighs since they are both dark meat.) I added McCormick Grill Mates Spicy Montreal Steak seasoning instead of just salt and pepper since I wanted a few more spices. The chicken drumsticks and chicken thighs were delicious. The recipe was easy for someone like me who had never used an Air Fryer before but have been cooking for many years and has always tweaked recipes to fit my tastes. I was really impressed how I only used 1 tsp of oil on 5 drumsticks & 1 tsp oil on 5 thighs. I am looking forward to trying the pork chops recipe tomorrow. I loved how this was a Kindle book that I could download immediately, right then when I was ready to cook & try out the new Air Fryer. I also liked that I had the option of reading it instantly on my Laptop on the Kindle Cloud Reader without having to go turn on my Kindle. Since the recipe was a success, and I had the book open on my computer, I printed the recipe out and put it with the manual to make it easier/faster to find the next time I cook chicken. Yeah, yeah I know it's on my Kindle but some of us are still old fashioned and like to have the tried & true recipes on paper & I think it is quicker to just pull it out of the manual. Yeah, yeah, yeah, I know it is a waste of a tree but if the Kindle and computer break (which has happened before) I still have this great recipe!

A ton of recipes in this book. Many of them I will most likely not make but then again...it may open up my horizons and I may try something different

This book has lots of great recipes that are simple, healthy and quite delicious. It is a great addition

to the fryer purchase. 320 recipes for breakfast, lunch, and dinner on your menu. Low carb, vegetarian. Interesting dessert section. There is also a calorie table for the different type of meats. If you fry you need this book.

With this cookbook, it helps me to understand and learn how to utilize my new Air Fryer much better without worrying about calorie intake and the negative sides of taking fried food. I appreciate the way recipes are neatly put into meal categories which makes it easy for me to reach for any suitable recipe at anytime. Many pleasant surprises from my family after trying out the recipes. Results were really mouth watering! I am looking forward to try out many more recipes and put them into good use this Christmas!

A lot of good sounding recipes; easy, not complicated with easy to find ingredients, many ingredients most people already have on-hand. TONS of recipes, all very easy and do-able. My only complaint is no pictures. A few pic's would have been nice. But as-is, it reads like an encyclopedia, which is a little boring. Black and white from cover to cover, with no pic's at all. But, the recipes sound good. Good for beginners and/or those who like simple (but yummy) recipes.

I absolutely love this airfryer. It makes cooking so much easier. The clean up is so easy and the food is moist and tender. Hate I waited so long to buy one. I have nothing negative to say. Food cooks evenly. When you fry the skin is cripsy and moist inside. I cooked lamb and sweet potatoes at the same time. Cooked shrimp amd homemade sweet potato fries. You will need to add water to the due to smoke factor. My steak was tender and juicy.

Good recipes. If you don't have an air fryer you are missing out on one of the best inventions ever. This book is full of terrific food to make. They are all really easy to make with easy to find ingredients. Glad I found it for a very cheap price.

not mainstream recipes, unless you are interested in buying chick pea flour, almond flour, making beet fries, etc. you will find little in the way of things you want to cook. also, found table of contents lacking...usually you can look up a main ingredient...this only has recipe titles

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kitchen!

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