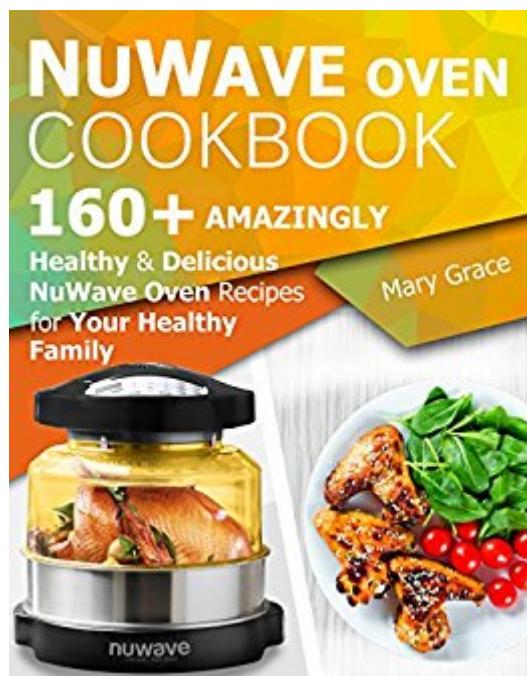


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# Nuwave Oven Cookbook: 160+ Amazingly Healthy And Delicious NuWave Oven Recipes For YOUR HEALTHY FAMILY



## Synopsis

Healthy and Delicious NuWave Oven® Recipes for YOUR HEALTHY FAMILY This innovative new idea is designed to save you time and effort and uses a special combination of 3 types of heat - convection, conduction and infrared. No pre-heating and no need to defrost food before placing it in the oven! All you need to do is take the food from the freezer and place it into your NuWave oven. Once you've set the timer you do not have to do anything else, other than enjoy your meal. No extra fat is needed for cooking in a NuWave oven, making this new idea a healthy choice for your family. The unique design also ensures that all the excess fat from your food drains away, leaving you with tasty and delicious low-fat food. The advantages don't stop there. It also: Saves your time Makes meat and fish irresistible Saves energy Reheats leftovers to their original standard With our boom you'll discover the amazing recipes under various sections such as: Tasty Breakfast Amazing Appetizers, Pleasing Poultry, Best Beef and Lamb, Super Seafoods, Delightful Vegetables, Baked Biscuits, Slices, Scones, Delicious Desserts and Puddings, Healthy Snacks There are several reasons you should get this book: We collected recipes for both fish and meat lovers Our cookbook breaks every single step down and ensures that you know exactly what you need to do to prepare each recipe. Your level of experience with NuWave oven® doesn't matter - our book applies to any level! Recipes in this book are healthy and delicious. You will enrich your daily life with tasty and nice-looking dishes Healthy and well balanced food every day Throughout the book, you will be introduced to the very concepts of your NuWave Oven® and will be discussing the core mechanics of your NuWave Oven and help you fully familiarize with it before venturing into the world of modern day kitchen appliances.

## Book Information

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I like this cookbook. Simple recipes and easy to read.

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