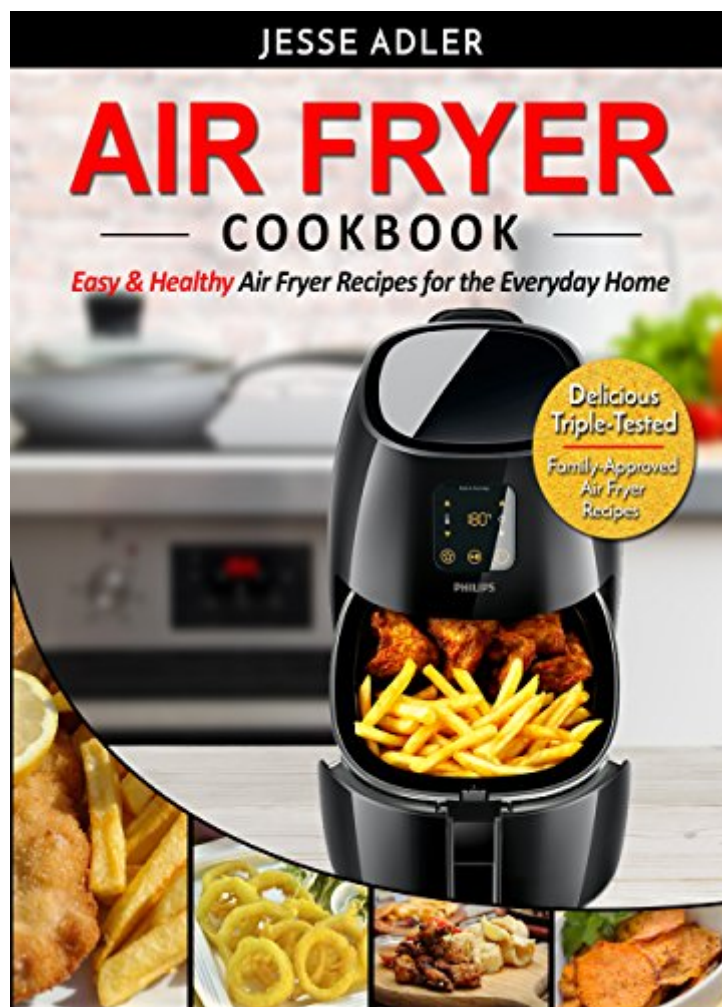


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# Air Fryer Cookbook: Easy & Healthy Air Fryer Recipes For The Everyday Home – Delicious Triple-Tested, Family-Approved Air Fryer Recipes (Healthy Cookbook Book 1)





## Synopsis

When your body tells you it's had enough of unhealthy food, cooked in an unhealthy way, it's time for a change and time to find a healthier, tastier alternative! The Air Fryer Cookbook delivers just that. A new concept and a new way to cook all the foods you love in a way that is tempting, delicious and ticks all the boxes when it comes to nutrition. Air fryers have been around for a few years now and have steadily gained a dedicated following. Within the pages of this book, you'll not only learn a little about the history of this fantastic product, but will also discover: The benefits of using an Air Fryer Basic tips for getting started Safety precautions to take while using your Air Fryer How to clean and maintain your Air Fryer Troubleshooting options to cover common problems Of course, no cookbook is complete without recipes and the Air Fryer Cookbook gives you dozens to get you started. Choose from breakfasts, appetizers, main meals, chicken, meats, vegetarian option and even desserts. The Air Fryer Cookbook will have you thinking and cooking in a different way, for a healthier, tastier lifestyle.

## Book Information

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## Customer Reviews

This book is a complete guide as well as a recipe cookbook for your air fryer. You will learn the history of the air fryer, budget, cleaning the fryer, as well as safety precautions to take into consideration. You get a variety of breakfast, lunch/dinner recipes, along with dessert recipes. The Lunch/dinner contain a good percentage of vegetable ingredients on some of the recipes. Highly recommend for some amazing recipes!

I just love this book, it is packed with great information. I have been looking for new ways to eat healthier and cut down on meal preparation times lately and I must say I found another great method worth implementing. This is the first time I have ever heard of an air fryer. This book contains comprehensive information on what the air fryer is, what it does, how to select one and how to operate one safely and properly. In addition there are many sample recipes to look over. Anyone Interested in air fryers should definitely check this book out.

Air fryer is one of a kind way of cooking because of its healthy way of frying food. With this book I could make a lot of healthy, quick and easy meals using Air fryer. Too simple read and consist of awesome recipes that I am pretty sure your family would love it too as much as I do. Readers will also learn about their air fryer in details and discover the benefits of preparing dishes in an air fryer. A great air fryer cookbook with useful information and delicious recipes. This book is perfect for the holiday.

We really like it and it is a healthier way to cook. Makes great rotisserie type whole chicken.

This cookbook packed with huge number of recipes. All are quite simple recipes, easy to follow and turn out very tasty. Would be a big plus to add pictures to at least some of recipes.

I recently discovered the existence of Air Fryers (how long do they already exist?) I guessed it was a brilliant idea and bought this book "Air Fryer Cookbook" by Jesse Adler in order to learn more and maybe decide to buy one of those machines. Great choice! The book starts with an excellent introduction to this type of kitchen appliance, which I totally ignored since now. It confirmed my first idea of such an Air Fryer: it is interesting to use for healthy low-fat cooking. It explains in details how to use the Air fryer. I skimmed this part and was interested in the "Air Frying Cooking Chart", which is a pretty smart tool. It gives you the minimum amount of food, the cooking time and the

temperature for standard dishes like frozen fries, potato cubes, fish sticks, steaks (wow!), chicken wings, and so on. A conversion chart transforms oz in gr (I love this!). Chapter 5 is about how to choose healthy oils (the Air Fryer need oils?), Chapter 6 explains safety, Chapter 7 is about how to clean the machine, Chapter 8 FAQ, And Chapter 9 brings up the recipes... A LOT of recipes! Awesome work, I must say. In fact, 80% of the book is full of delicious recipes. The recipes are well organized: 1- Temperature, 2- Ingredients, 3- Instructions. Seems easy enough to follow. After going through the entire collection, I am surprised to discover that you can cook almost everything in an Air Fryer. From breakfast to lunch, from vegetables to cheese toasts and finger foods, to fish, meat, and eggs. ...Dishes like "Tandoori Chicken Drumettes" or "Stuffed Mushrooms with Sour Cream." :-)

Well, I love this cookbook, and I guess I will love the Air Fryer, which I have to order next. Please write me a comment, if you can recommend an Air Fryer to buy that works with 220V. I recommend you to buy this cookbook.

The book has some good information, but I wanted a book with the nutritional value of the meals and that is not what I got. Always figuring calories can be time consuming and would have liked a little help. Yes I really bought the book

I was so pleasantly surprised to find the nutritional analysis for every recipe, as this is important to me. There are over 100 non-complicated recipes that are written clearly, and the wide variety will tempt your taste buds to try them. The book's layout and recipe format is well planned and easy to follow. I've been disappointed more than once with cookbooks I have purchased that are filled with typos, important instructional errors/omissions, and have not been edited properly before being rushed to publication. I could not find any such problems with this delightful book. Really nice book with lots of information.

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