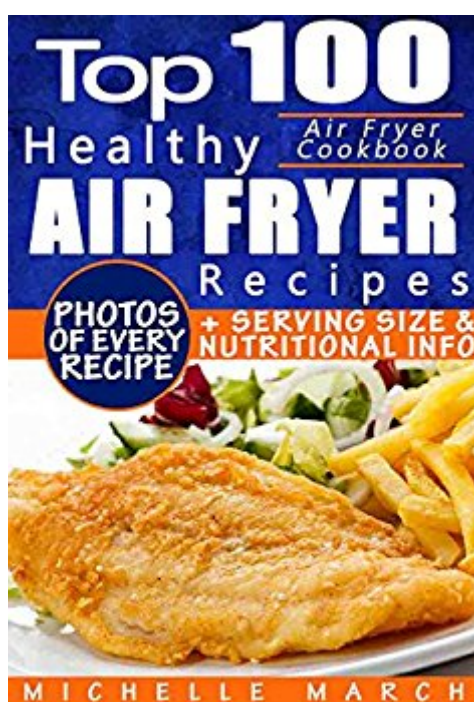


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# Air Fryer Cookbook: Top 100 Healthy Air Fryer Recipes With Photos, Nutritional Information, And Serving Size For Every Single Recipe



## Synopsis

Kindle MatchBook: The Kindle edition is FREE when you buy the paperback edition today! 100 of the very best air fryer recipes with photos, serving size, and nutrition facts for every recipe! Some of the biggest authorities on nutrition, longevity, weight loss, and health have stated that traditional frying is one of the least healthy methods for preparing food. Fried food contributes to obesity, high blood pressure, heart disease, and an overall reduced quality of life. Now you can eat fried food without sacrificing your health! You don't have to choose between your health and enjoying delicious fried foods anymore. With this collection of the top 100 air fryer recipes, you can enjoy amazing fried chicken, succulent pork, and juicy beef dishes without destroying your health by consuming too much fat and oil! Every single recipe includes a photo, serving size, and nutritional information! The air fryer has been a true game-changer for smart and busy people who don't always have the time to cook elaborate meals at home, but also don't want to sacrifice their health. Using the air fryer makes it easy to eat amazing, healthy meals at home with your family every single night while losing weight and avoiding excess fat and oil! Food isn't meant to be bland and boring any more than it is meant to be served dripping with heart-clogging oil. Food is meant to be a nutritious source of life that is best enjoyed and savored at home with the people you care about most, and no appliance makes healthy home cooking easier than the air fryer! There is no need to slave away in the kitchen for hours every night or destroy your health eating fast food. This collection of 100 air fryer recipes are all fast and easy to make, but look and taste like world-class meals made by a 5-star chef! 100 amazing air fryer recipes so you can truly have it all! Eating delicious meals cooked with an air fryer does not mean you are on a boring, bland, starvation diet. Eating bland and weird food might be one way to be healthy and lose weight, but that is not what the air fryer is all about! Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Grab these 100 amazing air fryer recipes now and learn the many delicious possibilities you could have today and every day for months to come! Cooking healthy and delicious meals at home with your air fryer can be easy and fun, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on months of air fryer recipes, all with complete nutritional information, serving sizes, and pictures in this air fryer cookbook. Every single recipe is easy to make and is so healthy and delicious you will be proud to serve these meals to your family and friends over and over again! Mouth-watering air fryer meals you can serve to your family and friends with pride! Healthy eating guru and chef Michelle March has assembled a massive collection of award winning air fryer recipes that are among the best you will ever taste. These recipes are

second to none when it comes to promoting optimal health and rapid fat loss, but they taste so good you'll never feel like you're giving up anything! Not only that, you can feel good about eating these meals because they are healthy for you and your family. Say YES to the top 100 air fryer recipes and a healthier and thinner you! Grab this cookbook today and discover why cooking fresh and healthy meals with the air fryer is becoming so popular. Don't take a pass on these amazing recipes that your family will love and that will make you feel thinner and better than you have in years!

## Book Information

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## Customer Reviews

This cookbook has single handedly rekindled my interest in cooking with my air fryer. I've had my air fryer for about a year now and although I used it a lot when I first got it I found myself getting really bored of the same old recipes to the point where I didn't use it much anymore. There are only so many times I can eat air fried chicken wings before I just need something else. I bought this cookbook last week and so far I have not been disappointed. Actually this is probably the best air

fryer cookbook I've bought (and trust me I've bought many). I love the variety of the recipes and there are so many to choose from. The recipes are divided by protein so you can easily look through a list of options depending on what you have on hand. There are also some great vegetarian options included. I appreciate that this cookbook includes high quality images of each meal and full nutrition facts. Not nearly enough cookbooks do this and it always drives me nuts. On the whole, this is an excellent cookbook and I recommend it to anyone who really wants to get the most out of their air fryer.

The air Fryerbook help me a lot to do the things that I need to do again thank you it helped

It was misleading showing colored photos on the cover, but then all were black and white for the recipes.

Nice

Great recipes that I can actually use! Love it!

Easy To Read

I've just tried two recipes in this book and haven't been impressed, but I'm sure there are some that are terrific. I think it just takes some time to get used to the timing and thickness of food.

I have a somewhat unwieldy collection of air fryer cookbooks and I would say this is in the top 3 of all of them. This is the cookbook I keep going back to, either to make some of the favorite recipes over again or to try something new. It is taking me awhile to get through all of the recipes - there are so many of them! This cookbook has pushed me to use my air fryer beyond anything I thought I could do with it. People don't realize how versatile this appliance is but this cookbook really helps to show off the strengths of the air fryer and it makes me look like a professional cook in the process.

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