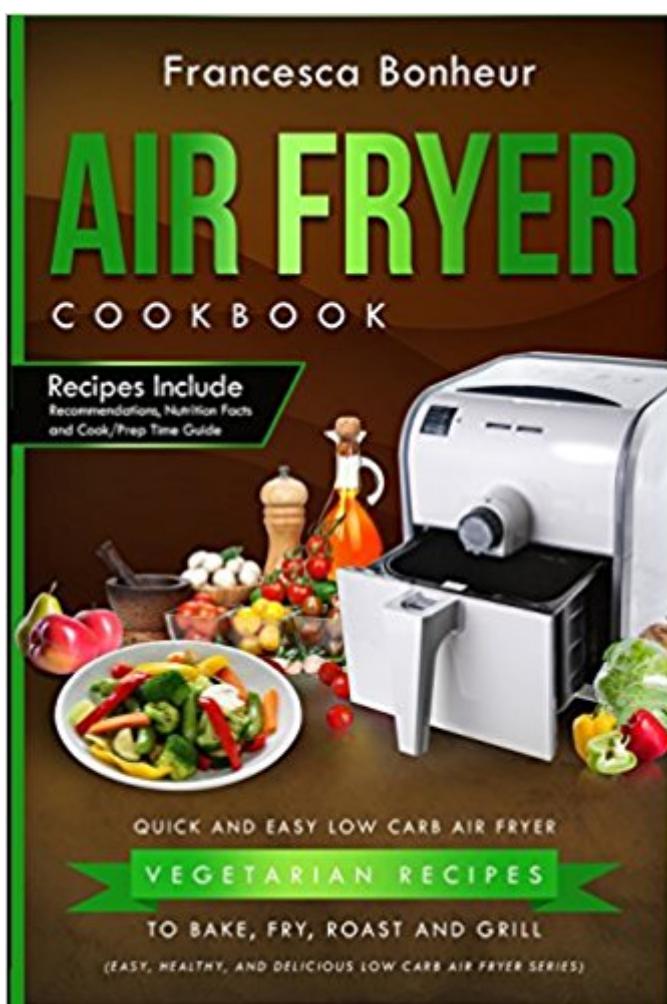


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# Air Fryer Cookbook: Quick And Easy Low Carb Air Fryer Vegetarian Recipes To Bake, Fry, Roast And Grill (Easy, Healthy And Delicious Low Carb Air Fryer Series) (Volume 4)





## Synopsis

Welcome to Airfryer vegetarian recipes â “ 31 magical ways to cook vegetables in the Air fryer. Book 4 of 6 in My Air Fryer cookbook series! You donâ ™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 5 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. Air Fryer Benefits 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. Air Fryer Benefits 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. Here Is A Preview Of What You'll Learn...

Breakfast MealsLunch MealsSide DishesSnacks and AppetizersMuch, much more! Tags: Air Fryer cookbook, Air fryer recipes, low carb, quick and easy meals, Poultry, low fat, tasty, delicious, Healthy, Chicken recipes, Chicken book, fry, bake, Grill, for beginners, air fryer vegetarian, air fryer vegan

## Book Information

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## 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 sounds 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 fricasseed 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 very easy to prepare. Recommended.

I highly recommend that you purchase this book if you want to maximize use of your air fryer! Its 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 reccomend to everyone who wants to learn how to use their air fryer.

Once you get use 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 use throughout and that get 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 airfryer beginners. I think I should start with fries first. I still prefer to fry chicken wing. This is totally great airfryer recipes.

haven't used it yet bet the recipes are detailed and easy to understand and it does have some great recipes

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Recipes In One Cookbook For Everyday Life (Air Fryer Recipe Book, Air Fryer Cooking, Air Fryer Oven, Air Fryer Baking, Air Fryer Book, Air Frying Cookbook) Air Fryer Cookbook (Includes Paleo, Vegan, Pot, Clean Eating, Low-fat, Bake, Roast, Fry, Grill, Healthy, Delicious, Tasty, Easy, Simple Cooking, Greek): 300 Easy Recipes for Quick and Tasty Meals Air Fryer Cookbook: 50 Most Delicious and Easy American and British Air Fryer Recipes to Grill, Fry and Roast with you Air Fryer Air Fryer Recipes Cookbook: 365 Days Recipes to Fry, Bake, Grill, and Roast with Your Air Fryer. The Complete Air Fryer Cookbook: Amazingly Easy Recipes to Fry, Bake, Grill, and Roast with Your Air Fryer Air Fryer Cookbook: 450 Amazingly Healthy & Delicious Air Fryer Recipes. (With Nutrition Facts of Each & Every Recipe) (Air fryer Cookbook, Air fryer Recipes, Air fryer Recipe Book)

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