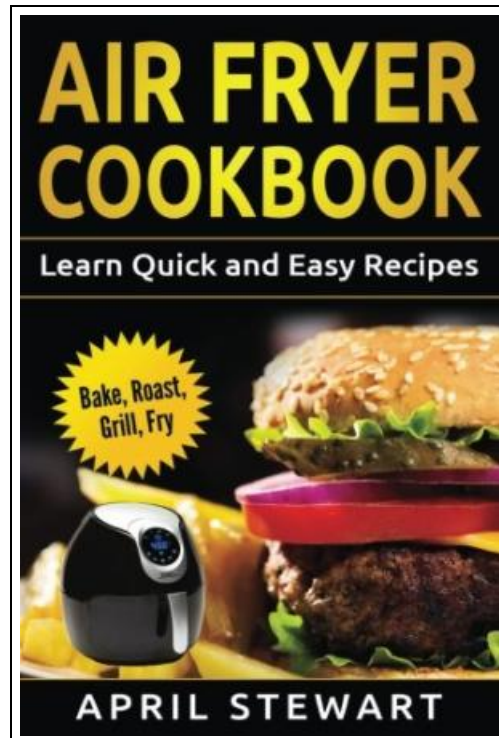


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Reviews

I just began reading this pdf. It is actually written in straightforward words instead of hard to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Jensen Bins)

AIR FRYER COOKBOOK: LEARN QUICK AND EASY RECIPES: BAKE, ROAST, GRILL, FRYER (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want to spend less time cooking? Do you want to save money on your meals? And eat healthy, clean food? The air fryer is the new rage! It is a versatile kitchen appliance that can be used to fry, bake and roast foods while using minimal or no oil. People have become too busy to prepare healthy meals for themselves or their families. For such people, this kitchen appliance is a boon as you will be able to cook healthy meals with minimal effort. An air fryer uses Rapid Air Technology and Maillard Reaction to prepare food without any oil or grease. When it comes to using an air fryer, you will be able to make delicious and different kinds of food on account of its versatility. You will be able to save time and be able to complete your chores without having to stand over the stove to ensure that the food is being cooked properly or doesn't burn. The air fryer helps to keep the food succulent and soft from the inside while giving it a crispy coating on the outside, which makes it look like the food has been fried. All this is done with minimal or no oil. This appliance is fool proof and can be used by anybody - from someone who knows how to cook to someone who has never cooked before. This book has been written after conducting a lot of research on air fryers. The chapters have been divided in a way that is easy to read. In the course of this book, you will learn: -What an air fryer is and the different technologies used to make the air fryer...



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