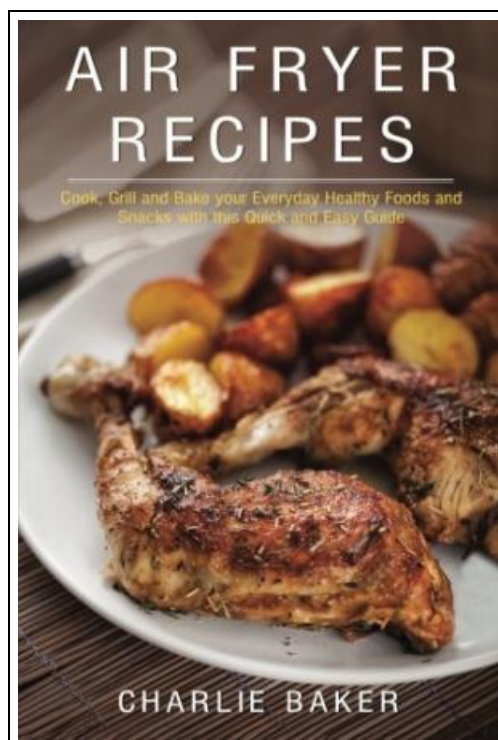


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.HEALTHY FRIED FOOD. Are you fond of fried treats? Well, who isn't? If your answer happens to be yes, then I am sure you end up feeling slightly guilty after eating all the fried stuff, more so if you happen to be on a diet or when you are trying to lose some weight. What if I tell you that you can give in to your cravings and have all the fried foods you want without having to worry about the accompanying guilt or the calories? Does this surprise you? Well, this is where a magical kitchen appliance known as an air fryer comes in. You can have fried food that is not only healthy but is light on calories as well! Wait a minute, fried food that is healthy? Sounds a little dubious? Well, hold on, this is true. The air fryer is indeed an excellent piece of kitchen equipment. An air fryer can do so much more than just frying food for you. You will be able to whip up a three-course meal with an air fryer. An air fryer makes use of hot air for cooking the food. If you are someone who has hardly any time to cook and want to eat healthy at the same time, then this is for you. In this air fryer cookbook, you'll find a range of air fryer recipes that will serve all occasions. The recipes in this book have been segregated into different categories for your convenience: breakfast lunch dinner desserts snacks appetizers side dishes This air fryer recipes book will also be useful for people on special diets, including paleo - so it's a paleo air fryer...



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