



## Air Fryer Cookbook: Quick and Easy Low Carb Air Fryer Vegetarian Recipes to Bake, Fry, Roast and Grill (Paperback)

By Francesca Bonheur

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Welcome to Airfryer vegetarian recipes - 31 magical ways to cook vegetables in the Air fryer. Book 4 of 6 in My Air Fryer cookbook series! You don 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....

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