



DOWNLOAD



Healthy Air Fryer Cookbook: 100 Great Recipes with Fewer Calories and Less Fat (Paperback)

By Dana Angelo White

ALPHA BOOKS, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Make healthier versions of all your fried favorites--all under 500 calories! Air frying is fast and convenient, but it's not easy to find air frying recipes that are healthy and delicious. The Healthy Air Fryer Cookbook contains 100 recipes that are absolutely delicious and also better for your health because they use less oil and contain healthier ingredients than traditional fried foods. Included in this book are better-for-you versions of traditional main dishes, breakfasts, sides (like French fries), desserts (like cookies), and more. You'll also learn how to use this versatile appliance to bake, roast, and grill many of your favorite fried foods--with fewer calories. - Enjoy 100 recipes that are healthier than typical air-fried foods, which can contain too many hidden calories and too much fat. - Get exact calorie counts and detailed nutrition information to help you stay within the USDA's recommended daily allowances. - Make healthier versions of traditionally fried favorites, including French Fries, and fried chicken, as well as lighter snacks, such as smoky kale chips and sriracha honey chicken wings. - Satisfy your sweet tooth with lightened-up treats,...



READ ONLINE

[6.9 MB]

Reviews

If you need to adding benefit, a must buy book. I am quite late in start reading this one, but better then never. I am happy to inform you that this is the best book i have read through during my own lifestyle and can be he best publication for at any time.

-- **Mrs. Phoebe Schimmel**

The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).

-- **Dr. Marcos Grimes III**

You May Also Like



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



Noah's Ark: A Bible Story Book With Pop-Up Blocks (Bible Blox)

Thomas Nelson Inc. BOARD BOOK. Book Condition: New. 0849914833 Brand new in the original wrap- I ship FAST via USPS first class mail 2-3 day transit with FREE tracking!!.



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



Rookie Preschool-NEW Ser.: The Leaves Fall All Around

Book Condition: Brand New. Book Condition: Brand New.



A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)

Dover Publications, 2011. Paperback. Book Condition: New. No Jacket. New paperback book copy of A Dog of Flanders by Ouida (Marie Louise de la Ramee). Unabridged in easy to read type. Dover Children's Thrift Classic. Reprint of original edition. Green edition. Mineola...



Bedtime Stories about Funny Monsters: Short Stories Picture Book: Monsters for Kids

Createspace, United States, 2014. Paperback. Book Condition: New. Michael Clary (illustrator). Large Print. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Entertaining and educational bedtime stories for kids with 25 COLORFUL ILLUSTRATIONS your children will love!...