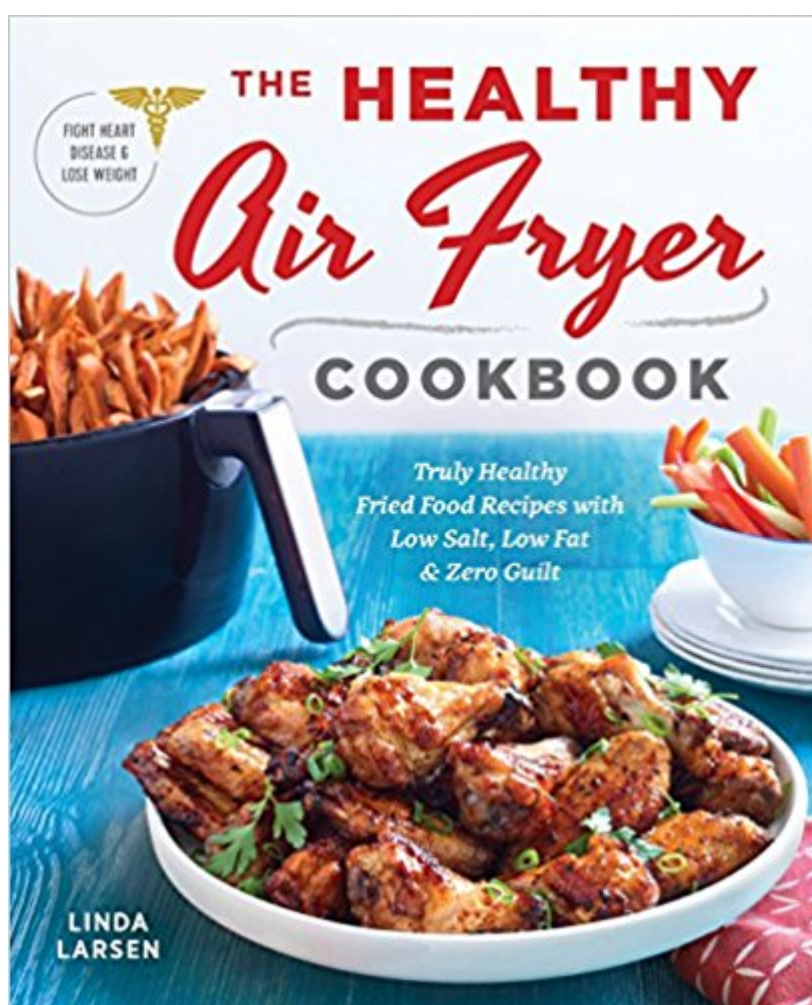


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# The Healthy Air Fryer Cookbook: Truly Healthy Fried Food Recipes With Low Salt, Low Fat, And Zero Guilt



## Synopsis

100+ Recipes to Air Fry Your Way to a Healthier Heart Frying, baking, roasting, grillingâ€”thereâ€™s nothing your air fryer canâ€™t do. Although your air fryer is healthier than a deep fryer, not all air fryer recipes are truly healthyâ€”especially for your heart. Linda Larsen grew up loving fried foods, but as an adult she needs to eat food that is healthy and nourishing. Today, the author of the bestselling *The Complete Air Fryer Cookbook* uses her air fryer to cook meals that are just as delicious as her fried favoritesâ€”and good for her heart, too. Lindaâ€™s air fryer recipes in *The Healthy Air Fryer Cookbook* combine the ease and simplicity of your favorite appliance with the added benefit of total-body nutrition. This is the only air fryer cookbook that offers truly healthy, easy, and whole-food recipes, so you can enjoy fried foods while being good to your heart. Simple and delicious, this air fryer cookbook includes: More than 100 truly heart-healthy recipes that are low-salt, low-fat, and full-flavorâ€”including vegan and vegetarian options Complete nutrition information that follows American Heart Association guidelines, so you know exactly what youâ€™re eating Handy recipe callouts that show how much salt and fat youâ€™re sparing yourself by not deep frying your meal With *The Healthy Air Fryer Cookbook* you donâ€™t have to sacrifice your health to enjoy fried foods.

## Book Information

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## Customer Reviews

LINDA LARSEN is a Busy Cooks Expert at About.com, as well as a devoted user of the air fryer. She is the author of 28 cookbooks, including *The Complete Air Fryer Cookbook: Amazingly Easy Recipes to Fry, Bake, Grill & Roast with your Air Fryer*. Linda has been developing recipes for more

than 25 years.

Love the book. I have used recipes from this and they have worked well. Big fan of these Air Fryers and am creating many new recipes from ideas that this book has given me.

I like my air fryer its always good to have healthy recipes although I'm not using it as much as I would like too fall is coming more time inside less to do outside.

Love it. It's everything I have been looking for in a cookbook for my Air Fryer.

The Air Fryer Cookbook is useful.. a good tool.

Love trying the different recipes. Very easy and tasty

I fell in love with my air fryer the first time I used it but i had not idea what I could actually do with it until I read this cookbook. I love this cook book there at a lot of recipes that sound tasty and I'm an extremely picky eater. The recipes are easy to make and the book is very easy to follow. Another amazing thing about this book is the prep time on most of the dishes is around 15 - 20 minutes. Then the cooking time is quick as well. There are recipes for breakfast to sides and every meal in-between. An Air Fryer is a great way to cut back on frying foods in grease. but this book is a great way to discover new dishes.I received a copy of this book complimentary exchange for my honest opinion but the opinion expressed is all my own.

Excellent addition to my air fryer. You can still eat the foods you love and be healthy. This book has a large variety of dishes you can make with your air fryer. Many of which I never thought about trying In my air fryer. We have tried several recipes so far and they have all been excellent.

The Healthy Air Fryer Cookbook is great for anyone who wants to try out an air fryer. The author, Linda Larsen, has published over 25 cookbooks. The book begins with a discussion about eating healthy and about cooking with an air fryer. The recipes are separated into eight chapters: breakfast, lunch, appetizers, seafood, poultry, meat, side dishes, and desserts. Many of the recipes include tips, such as substitution tips and variations. There is quite a variety of recipes and the recipes are easy to follow, but I would like to see photos of the finished recipes. I received this book

for free from the publisher.

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Healthy and Delicious Low Carb Air Fryer Series Book 1) Air Fryer Cookbook: The Comprehensive Air Fryer Cookbook for Busy People - Includes 40+ Healthy, Quick & Easy Recipes for Beginners (Air Fryer Series 2) Paleo Air Fryer: 365 Days of Perfect Paleo Air Fryer Recipes: Complete Air Fryer Cookbook, Quick and Easy Healthy Recipes, Roast, Grill, Fry and Bake, Paleo, Vegan Meals

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