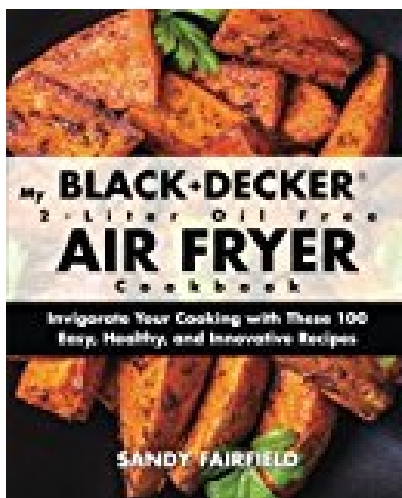


# My BLACK and DECKER 2-Liter Oil Free Air Fryer Cookbook Invigorate Your Cooking with These 100 Easy Healthy and Innovative Recipes

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## BOOK DETAILS

- Author : Sandy Fairfield
- Pages : 226 Pages
- Publisher : Rascal Face Press
- Language : English
- ISBN : 194505607X



## **BOOK SYNOPSIS**

Air Fry Everything! is the ultimate cookbook that will take your air fryer to the next level, creating quick food and meals that burst with flavor and color without the added calories and fat. Created by The Blue jean Chef, Meredith Laurence, this book offers 115 all new recipes that take your fried favorites and turn them into healthy and crunchy alternatives. Recipes include Cherry Chipotle Chicken Wings, Asian Glazed Meatballs, including Korean BBQ Pork, Parmesan Chicken Fingers, Fish and "Chips," Coconut Shrimp, Roasted Vegetable Stromboli, Fried Green Beans, Mini Molten Chocolate Cakes and Fried Banana Smores, plus much more. Meredith also provides tips and tricks to help you get the most out of your air fryer, plus how to cook your favorite frozen foods without all the added oil that goes along with deep frying.

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