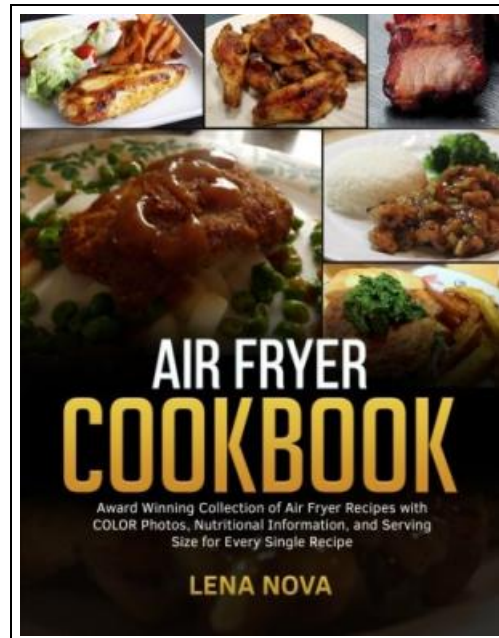


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*(Dr. Benjamin Lakin)*

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Kindle MatchBook: The Kindle edition is FREE when you buy the paperback edition today! The top collection of the very best air fryer recipes with color photos, serving size, and nutrition information for every recipe! The most respected authorities on longevity, weight loss, nutrition and health have known for years that traditional frying is one of the least healthy methods for preparing food. Fried food is a major contributor to obesity, heart disease, high blood pressure, and a variety of other serious illnesses. Now you can enjoy delicious fried food without destroying your health! You don t have to make a choice between losing weight and eating tasty food anymore. With this collection of the absolute best air fryer recipes available, you can eat all of the amazing fried chicken, juicy pork, and mouth-watering beef dishes without gaining weight and clogging your arteries with nasty oil and grease. Every single recipe includes a COLOR PHOTO as well as serving size and complete nutritional information! The air fryer has been miracle appliance for people who want to eat healthy but don t want to give up their favorite foods. Even better, the air fryer is fast! You don t need a lot of time to cook world class meals with your air fryer. With the air fryer, you can enjoy healthy meals at home with your family every night of the week while losing weight and doing the right thing for your body and your health. No appliance in history makes healthy home cooking easier than the air fryer and this collection of award-winning recipes lets you unlock the power of your air fryer for you and your family. Award winning air...



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