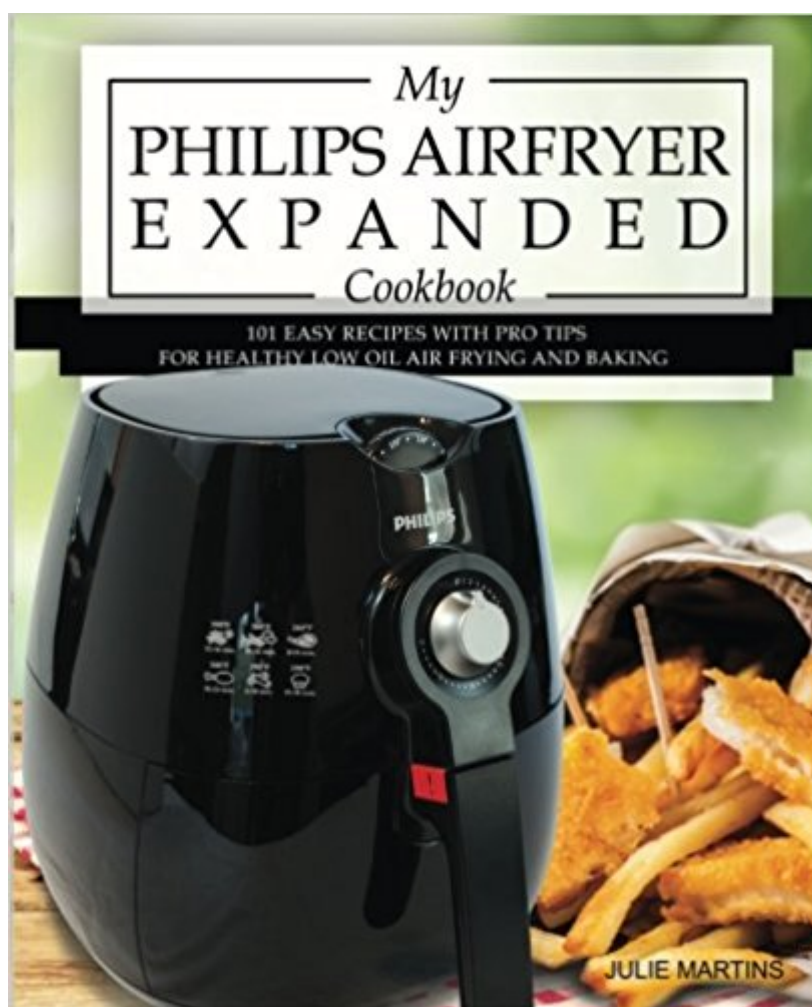


The book was found

My Philips Airfryer Expanded Cookbook: 101 Easy Recipes With Pro Tips For Healthy Low Oil Air Frying And Baking (Air Fryer Recipes And How To Instructions) (Volume 2)





Synopsis

Get a quick start with your Philips Air Fryer! This book shows you exactly how to use your Philips Electric Air Fryer (and all other Philips brand air fryers) to prepare foods the healthy way: with low-oil and low-fat air frying! This book will show you how to use your Philips Air Fryer to make healthy potato chips, fried chicken, donuts, even kale chips! No other book contains specific instructions and recipes for your Philips. Combined with 101 of the best, most popular recipes, this book is the perfect companion for anyone who owns a Philips Air Fryer! **LEARN HOW TO:** - perfectly cook your air fried food every time - take care of your Philips air fryer for long use - pro tips to make your air fried food even healthier and more delicious - store your cooked food properly - make 101 of the most delicious air-fryer dishes you've ever tasted! **LEARN HOW TO AVOID:** - burning or dehydrating your food - using too much oil - lackluster results **SOME SAMPLE RECIPES:** - Bacon Cheese Fries - Onion Rings - Fried Chicken - Potato Chips - Fried Zucchini - Fried Shrimp - Potato Crusted Salmon - Fried Fish Tacos - Chilaquiles - Apple Fritters - Mexican Fried Ice Cream Do you own a Philips Air Fryer, and are you interested in making delicious low-oil and low-fat meals or snack food? Then this book is for you. All of our recipes and "how to" information are designed specifically for the Philips Air Fryer, and to help you get the most out of this healthy way of eating. Buy today! **MONEY-BACK GUARANTEE** Free shipping for Prime members

Book Information

Series: Air Fryer Recipes and How To Instructions

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Customer Reviews

I already own one but lost the booklet so I had been eyeballing my cooking but as it turns out I was

very close to the instructions. So far I am loving it. I started out with my clothes loose at a size 16, then last month I finally went shopping with the same dreaded expectation of shopping. As it turned out I now wear a size 14 and size 12. I bought it for my diabetes not for weight loss but it's working also.

The recipes I've tried are really good....this book certainly helped me get started with my air fryer.

I had never even heard of Air fryers until I saw this on . I bought it for my husband for this past Christmas. He loves "gadgets" . We have cooked all kinds of things with it, and they have all turned out very tasty. It's easy to use and easy to clean. Great product!

This is an improvement over the earlier cookbook by the same author. Nutritional information is provided, but in some cases is incorrect (this is not a guess, some of the information was impossible). Like its predecessor, it has problems with servings not matching with recipes. If you cook three 4 oz chicken breasts, say that the recipe serves four, and provide nutritional information based on four servings I don't think that is helpful. This cookbook is interesting for those who are comfortable with their airfryer and experienced with diet, nutrition, and satisfactory cooking skills outside of airfrying.

Book does not cover a lot of common foods such as hamburgers. It gives the basics and the rest you have to figure out. It is however a good tool to use with your fryer. I found myself ordering several cookbooks.

The few recipes we've used so far, have been very good.

I expected the calories to be on all the recipe not just some many of them are just repeats with a twist
good and easy recipes!

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