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Healthy Air Fryer Cookbook: 100 Great Recipes with Fewer Calories and Less Fat PDF



by Dana Angelo White MS RD AT : **Healthy Air Fryer Cookbook: 100 Great Recipes with Fewer Calories and Less Fat**
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Description :

PDF-35b00 | 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.

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