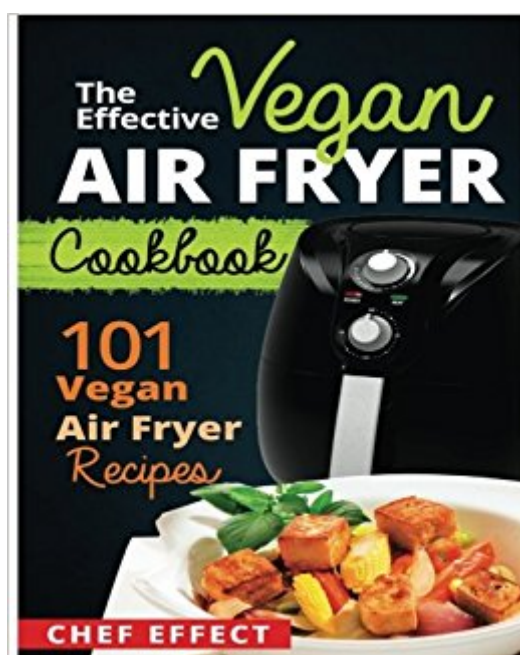




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The Effective Vegan Air Fryer Cookbook: 101 Vegan Air Fryer Recipes



Synopsis

The Effective Vegan Air Fryer Cookbook Fried foods are the ultimate comfort foods. However, with recent studies linking greasy foods to heart attacks, obesity, and diabetes, many are now staying away from enjoying them completely. On the other hand, completely avoiding fried foods can be difficult, especially if you love munching these little snacks. Now, you don't have to worry. You can always enjoy your favorite fried foods without the need to use any (or very little) grease. How? Through air frying, of course! Air frying is a very healthy cooking method but you can make your life even healthier if you also embrace a vegan lifestyle. Scientific studies have shown that people who are on a plant-based diet have better overall health and body functions than meat eaters. If you think you are ready to dive into the vegan diet, and are a fan of air frying, then this is your book! In this book you will get familiar with the benefits of air frying, best practices when air frying, main benefits of becoming vegan, and you will be introduced to 101 easy-to-make vegan air fryer recipes that are absolutely delicious. You will get familiar with popular Indian and Middle Eastern recipes, Mediterranean recipes, Asian recipes, American recipes, and Mexican recipes! Some of the recipes include: • Vegan Seekh Kabab • Aalu Samosa • Asparagus-Filled Phyllo Pastry • Pesto-Potato Tofu Frittata Cups • Crispy Brussel Sprouts with Garlic • Vegan Mushroom Meatballs • Vegan Calzone • Avocado Tempura • Fried Ganmodoki • Crispy Kung Pao Cauliflower • Asian-Style Tofu Burgers • Baked Zucchini Fries • Air-Grilled Vegan Cheese Sandwich • Crispy Homemade Veggie Nuggets • Mashed Potato Tater Tots • Three Sister Squash • Portobello Mushroom Bacon • Wonton Quesadillas • Spicy Mexican Baby Potatoes • Mexican Zucchini Burrito Boats • Creamy Bean Taquitos • Baked Vegan Chimichangas • Lentil Picadillo • Crispy Black Bean Tacos Get your copy today and start your vegan air fryer journey. You will not be disappointed! -Chef Effect

Book Information

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Customer Reviews

Great recipes!

I have not cooked from this book yet. My issue is with the lack of organization and lack of index. Recipes are grouped by ethnic/region of origins. No index, no grouping by meal component.

Just got this but it's fairly thin and reading the table of contents gives you a pretty good idea of the contents due to descriptive recipe names. Of the vegan air fryer books currently available, these recipes suit my uses best, and there is quite a bit to choose from so unless the recipes just don't come out well, I'm pleased. From a book production/design standpoint, it is very basic, but then, the book has a low price. Glancing through some recipes, I see a lot of basic ingredients and scratch style cooking -- so for the price I'm going with 5 stars for the moment despite the smallish number of recipes and basic production. Recipes are grouped into Indian and Middle Eastern (41); Asian (18); "American" (20); and Mexican (21). So not a huge collection but there appear to be a lot of intriguing ones. If air fryers keep catching on an expanded second edition might be in order -- I'd like to see more Asian, for one.

Great recipes and clear instructions. Nice side dishes and full meals. I have only tried a few of the recipes so far and crispy veggie rolls is my favorite.

The air fryer is a pretty neat device if you want to stay away from deep fried food. This book explains the benefits of air frying and the vegan recipes are very good with clear instructions.

Great recipes, easy to follow with lots of options.

I love this book, has so many recipes.

I recently purchased an air fryer and this is just what I needed, very easy recipes. This helps me make healthy meals for my family.

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