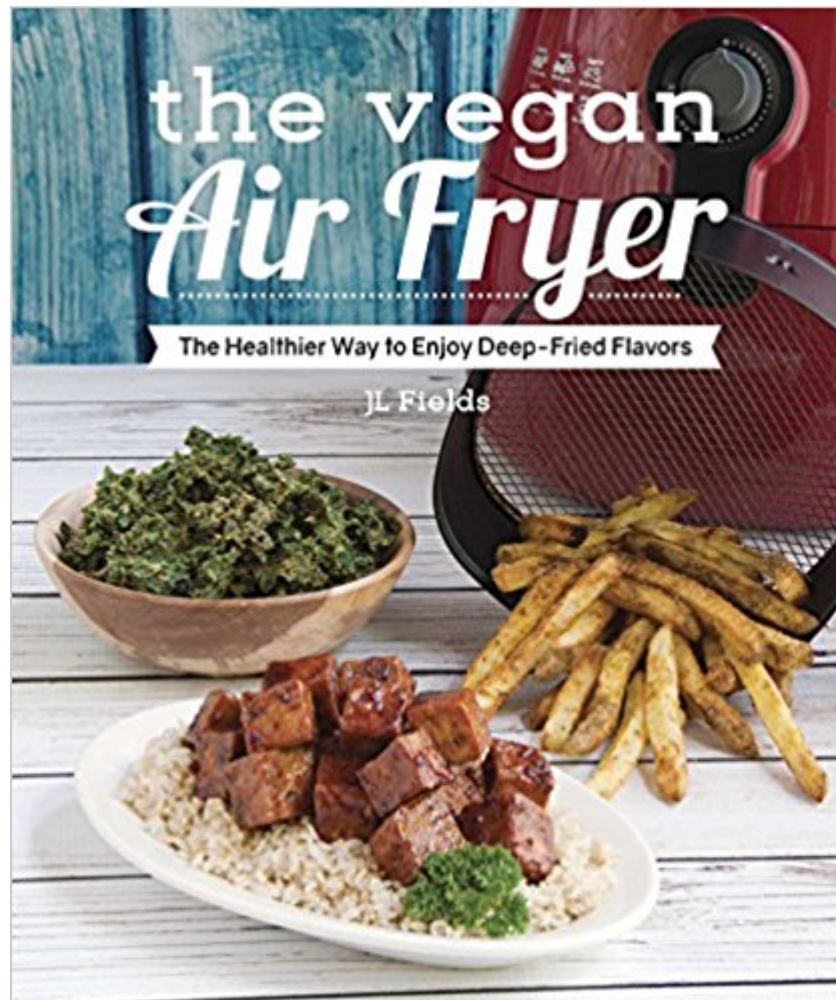




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The Vegan Air Fryer: The Healthier Way To Enjoy Deep-Fried Flavors



Synopsis

Enjoy your favorite plant-based fried foods without the added fat! If you love fried foods, but don't want the oil, added fat, and mess of frying, then you will want this cookbook. It shows you how to air fry • your favorite fried foods with little or no cooking oil. JL Fields, author of *Vegan Pressure Cooking*, has done the research, development, and testing, so you can serve crispy French fries, eggrolls, and all kinds of fried food in minutes • without frying. This amazing air-fryer appliance cookbook brings crunchy onion rings, vegetable tempura, and more to your table without making a mess or heating up your kitchen. Now you can eat delicious •fried• food, while staying healthy. Recipes include: • Jalapeño Poppers • Vegetable Dumplings • Potato Chips • Eggrolls • Mac • Cheese Bites • Buffalo Cauliflower • Corndogs • Fried Chick • Fajitas • Grilled Cheese Sandwiches. Air fryers, popular in Europe for years, have taken the U.S. by storm, and this is the first air-frying cookbook for plant-based diets. This amazing air-fryer appliance cookbook contains 80 recipes, bringing you crunchy onion rings, vegetable tempura, and more to your table without making a mess or heating up your kitchen. Now you can eat delicious •fried• food, while staying healthy.

Book Information

Paperback: 192 pages

Publisher: Vegan Heritage Press, LLC; 1 edition (June 6, 2017)

Language: English

ISBN-10: 1941252362

ISBN-13: 978-1941252369

Product Dimensions: 7.5 x 0.5 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 64 customer reviews

Best Sellers Rank: #10,948 in Books (See Top 100 in Books) #10 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Fryers #29 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #60 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

JL Fields is an author, culinary instructor, columnist, speaker, activist, and radio personality. She is the author of *Vegan Pressure Cooking: Delicious Beans, Grains and One-Pot Meals in Minutes* and co-author of *Vegan for Her: The Woman's Guide to Being Healthy and Fit on a Plant-Based Diet*. She is also a brands consultant for a variety of national companies. The blogger of JL Goes

Vegan.com has received culinary training at the Natural Gourmet Institute and the Christina Pirello School of Natural Cooking and Integrative Health Studies. She is a Main Street Vegan Academy-certified Vegan Lifestyle Coach and Educator and a certified Food for Life instructor with Physicians Committee for Responsible Medicine (PCRM). She writes and broadcasts from Colorado Springs, Colorado.

I can't even describe how much I love this book. I've only had it a day and have already done two recipes. The doughnut holes and jalapeño poppers. Pictures attached. If I had more ingredients I'd be busy making everything all night. Buy the book and make the poppers! Best poppers I've ever had. The recipes are well written and easy to follow. The pictures are gorgeous. I have many cookbooks, this has easily become my favorite. Quick easy delicious meals.

First of all, JL is a real person who cooks real food - she doesn't try to pretend all vegan food is HOLY or HEALTHY - she goes more for DELICIOUS and cruelty-free.. I love this book and my air fryer is one gadget my husband will use without question or fear.. he's a bit intimidated by the pressure cooker, but the air fryer gets daily use here! I'm eager to attend a "live" demo soon and to use this book for amazing recipes and advice. Hey - I try to cut oil and fats and because every recipe is a SUGGESTION of what worked for JL and multiple testers.. that doesn't mean we can't change it up to suit ourselves! I already love this book - it's gorgeous (much like JL herself), the recipes make sense, the feel and texture of the book itself are wonderful.. so glad I've got it!!

The Jalapeño Poppers recipe is DELICIOUS!! Like the 4th of July in my mouth! Thank you, J.L.

Great variety of wonderful recipes.

Very helpful

Great recipes, instructions and illustrations.

This book has brought me so much joy and some super tasty and healthy crispy food!

All the different ways you can use that Air fryer. I found it Very Useful, because the recipes didn't rely on hard to find ingredients.

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