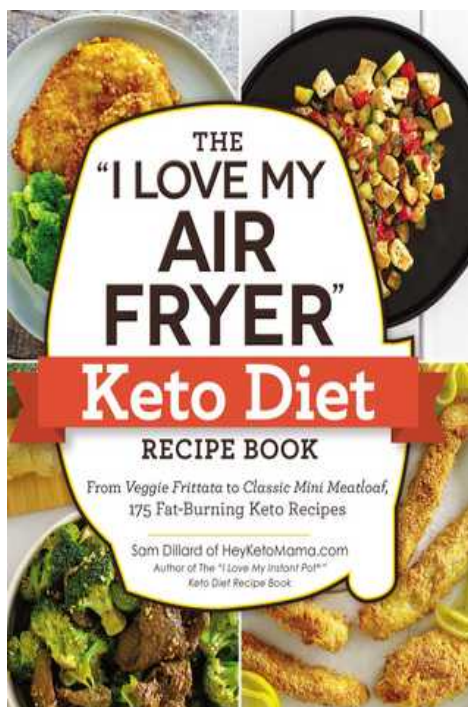


Leggi libri The "I Love My Air Fryer" Keto Diet Recipe Book: From Veggie Frittata to Classic Mini Meatloaf, 175 Fat-Burning Keto Recipes

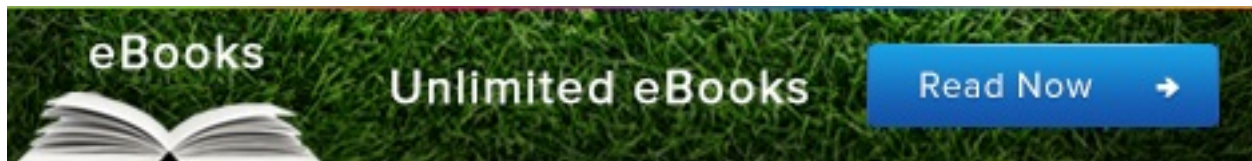
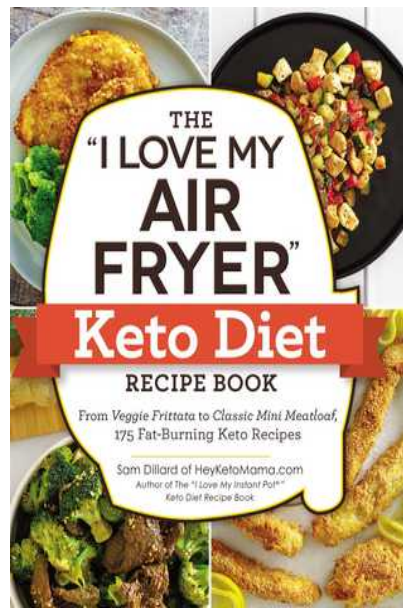
By Sam Dillard



175 fast, easy, and delicious meals combining the hottest diet trend—the low-carb, high-fat keto diet—with the latest must-have kitchen appliance—the air fryer. While an appliance that promises a lower-fat cooking method like the air fryer may seem counterintuitive to the high-fat keto diet, you'll be pleasantly surprised to learn that air fryers don't remove fat from foods. Instead, they use the natural fats in the foods to cook them without adding additional fat or oil that comes from traditional frying methods. An air fryer offers a healthy cooking option for keto dieters and is the perfect tool to cook a wide range of keto-friendly foods from steak to tofu, bacon to vegetables, and even desserts. The I Love My Air Fryer Keto Diet Cookbook will introduce you to 175 tasty and easy

keto meals you can make with your air fryer. Learn how to make satisfying, whole-food dishes for every meal from breakfast to dinner, appetizers, to side dishes and desserts, and of course, great snacks.

You Can Get This Books By Click Link/Button In Below .



/

<https://includger.com/?book=1507209924>