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you crave in fried
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recipes are ready

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70 recipes,
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recipes for
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tasty results
without a lot of
effort (or dishes
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the miracle
kitchen gadget
that every healthy
cook should
have. Essentially
a small
convection oven,

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an air fryer works
by circulating hot
air up to 400
degrees around
your food,
transforming it
into crispy
perfection
without all the oil
or butter you'd
normally need.
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a tiny bit of oil
along with a hot
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give us delicious
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features a filling
made with
avocado, black
beans and corn —
and...

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fryer is

effectively a mini
oven and you can
cook all sorts of

different dishes

in it, from

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have. Essentially
a small
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by circulating hot
air up to 400
degrees around
your food,
transforming it
into crispy
perfection

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give us delicious
comfort foods we
normally steer
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Egg rolls are air fryer perfection. This Avocado Egg Roll recipe from the soon-to-be-released Healthy Vegan Air Fryer Cookbook features a filling made with avocado, black

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cook all sorts of
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in it, from

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to cauliflower

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to cook fried
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evenly with little
to no oil,
resulting in
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