



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

*J.L. Fields*

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## **The Vegan Air Fryer: The Healthier Way to Enjoy Deep-Fried Flavors** J.L. Fields

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 'n' Cheese Bites
- Buffalo Cauliflower
- Corndogs
- Fried Chick'n
- 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.

## **The Vegan Air Fryer: The Healthier Way to Enjoy Deep-Fried Flavors Details**

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# From Reader Review The Vegan Air Fryer: The Healthier Way to Enjoy Deep-Fried Flavors for online ebook

## Lisa Vegan says

I was really intrigued by this book and wanted to read it even though I've never been a huge fan of fried foods and have like them less in recent years. And there is no way I could afford to buy an air fryer nor do I have room for it.

I still like onion rings though I'm fine with baked ones and I'm no longer a huge fan of french fries. And of course things I liked when I was a child such as fried chickens and fried fishes really have no appeal for me but I knew that this was the all vegan book and I eagerly waited for it from the library.

### Contents:

Preface

Chapter 1. air fryer 101

Chapter 2. Vegan basics

Chapter 3. breakfast and brunch

Chapter 4. starters and snacks

Chapter 5. on the side

Chapter 6. main dishes

Chapter 7. One-basket meals

Chapter 8. so sweet

And then there's a resources section and I appreciated that Virginia Messina wrote a short section about using oils. That section also has the acknowledgements, the index, and a metric conversion table.

I enjoy JL's books and writings. She's personable, has a good sense of humor, and writes clearly and in an interesting manner. In this book she gives lots of really great tips and helpful information.

Even though I didn't think this book would be my favorite regarding the recipes there were several things that look particularly good to me. In order of appearance vs. my level of interest here are the ones that make me want to own the book and an air fryer: spinach omelette, vegetable egg rolls, seasoned french fries, fried avocado, fried tofu with peanut sauce, breaded mushrooms, parsnip fries, roasted acorn squash, onion rings, maple butternut squash, eggplant Parmesan, mixed vegetable fritters, cheesy potato wedges, Hasselback potatoes, Poutine, mushroom white bean gravy, kale and potato nuggets, personal pizzas, corn dogs, roasted chick peas and broccoli, fruit crumble, fruit cobbler for one, fruit pastry pockets, roasted cherries Jubilee, baked apples, caramelized fruit and nut topping, fried Ginger-Os, chunky applesauce, shortbread cake. So more than several, but they're not representative of the variety of recipes in the cookbook because they

reflect my personal tastes.

I highly recommend the book for vegans, vegetarians, and omnivores who enjoy the taste of fried foods and foods such as meats and cheeses.

And there are vegan air frying groups on Facebook!

I'm sad that the book has to go back to the library on Wednesday. I might borrow it again.

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### **Drmarion says**

#### **Essential book for air fryer cooking**

JL is a talented writer and vegan culinary expert in the use of time saving kitchen appliances. Her recipes are fantastic. You won't miss meat or dairy and will be eating healthier, enjoyable meals. Essential book for all air fryer owners. The author is well respected in the vegan community and her cookbooks are filled with delicious recipes.

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