

100 Surprisingly Delicious Low Oil Recipes With How To Illustrations: A Comprehensive Guide to Healthy Cooking

Cooking with less oil is a great way to improve your health and reduce your risk of chronic diseases. But it can be a challenge to create flavorful and satisfying dishes without using a lot of oil. That's where this book comes in.



My GoWISE USA Hot & Healthy Air Fryer Cookbook: 100 Surprisingly Delicious Low-Oil Recipes with How-To Illustrations by Amy Moore

★★★★☆ 4.4 out of 5

Language : English
File size : 20198 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 189 pages
Lending : Enabled



100 Surprisingly Delicious Low Oil Recipes With How To Illustrations is a comprehensive guide to healthy cooking, featuring 100 easy-to-follow recipes with step-by-step illustrations. Learn how to create flavorful and nutritious dishes with minimal oil, using simple ingredients and techniques.

What's Inside the Book?

This book includes a wide variety of recipes, including:

- Appetizers and snacks
- Soups and stews
- Main courses
- Side dishes
- Desserts

Each recipe is accompanied by clear and concise instructions, as well as beautiful photographs of the finished dish. The book also includes a helpful that provides tips and tricks for cooking with less oil.

Benefits of Cooking With Less Oil

There are many benefits to cooking with less oil, including:

- Reduced risk of chronic diseases, such as heart disease, stroke, and type 2 diabetes
- Lower cholesterol levels
- Improved blood sugar control
- Weight loss
- Increased energy levels

Who Should Read This Book?

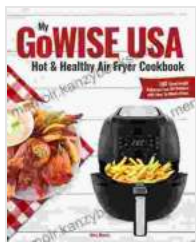
This book is perfect for anyone who wants to learn how to cook healthier and more delicious meals with less oil. It's especially helpful for people who are:

- New to cooking
- Looking to reduce their oil intake
- Interested in healthy cooking
- Looking for new and exciting recipes

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