

Air fryer Vegan recipes for smart people



BOOK DETAILS

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BOOK SYNOPSIS

Hello, Vegans! This book is especially for you! We have prepared this book based on your interests and food choices! If you were in doubt about this particular kitchen appliance, we are here to help you! Your favorite food can be prepared with this magical Air fryer. This means, that your food can now be even healthier. By using less or no oils at all you can prepare tofu, tempeh, falafel balls, veggies or even desserts. Don't be scared to improvise with the seasoning or the cooking time - that depends on your personal taste. If you are new to the vegan diet, follow our recipes, mix and match to prepare a whole meal or organize a snack in between. For those of you who are new, here are a few tips: *Tofu needs to get pressed. The easiest way to do so is to put tofu in between two cutting boards and add weight to the top (book, heavy cans or other heavy things you have handy). Keep the weights on for at least 10 min. *Aquafaba is a great egg replacement, but you can choose the one you like best. Aquafaba is basically the liquids that you drain from chickpeas or other legume seeds. Other egg replacement can be flax seed, silken tofu, baking soda+vinegar or even a banana, or simply Egg Replacer.

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