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New Low Calorie ActiFry Cookbook - The Actifry Cookbook

There’s a new ActiFry cookbook being released later this week by Maryanne Madden. It’s called the “Slender ActiFry

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Cookbook” and it’s a low calorie recipe book specifically for the ActiFry and pretty much any other

Airfryer. You can read more details about it on Maryanne Madden’s blog – she’s also looking for people to review...

Cookbooks - The Actifry Cookbook

Today’s recipe is a vegetarian favourite:

Ingredients 200g

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gnocchi 100g chopped
spring onion 100g
chopped green beans
small tin of sweetcorn
tin tomato 3tbsp
tomato puree
vegetable stock cube
50mls water low cal
spray oil

Worcestershire sauce
Instructions Spray the
Actifry dish with oil and
add the spring onion,
green beans and
sweetcorn and cook...

Recipes - The Actifry

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Read PDF Slender Actifry Cookbook Low Calorie **Cookbook**

There's a new ActiFry cookbook being released later this week by Maryanne Madden. It's called the "Slender ActiFry Cookbook" and it's a low calorie recipe book specifically for the ActiFry and pretty much any other Airfryer. You can read more details about it on Maryanne Madden's blog - she's also looking for people to

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Mushrooms. Happy

Cooking!

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was written in 2011 by
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providing quality
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low-fat and so VERY
healthy. A kilo of chips
needs just a
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