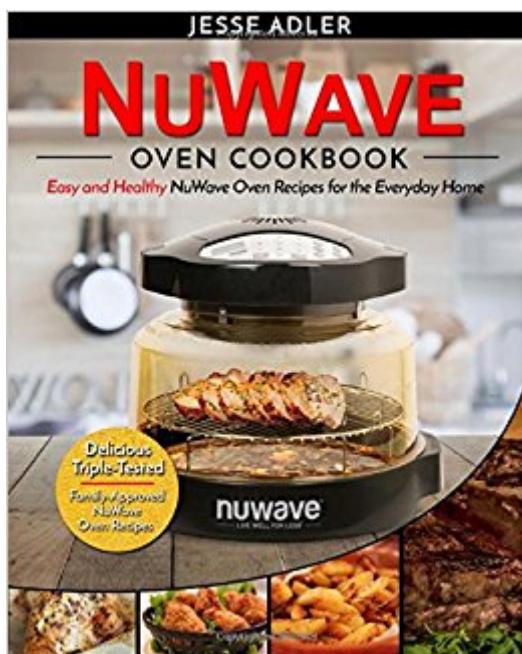


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# **Nuwave Oven Cookbook: Easy & Healthy Nuwave Oven Recipes For The Everyday Home**

**Delicious Triple-Tested, Family-Approved Nuwave Oven Recipes (Clean Eating) (Volume 1)**



## Synopsis

Welcome to the world of the NuWave Oven! This ingenious new idea is designed to save you time and effort and uses a unique combination of three types of heat — convection, conduction and infrared. No pre-heating and no need to defrost food before placing it in the oven! All you have to do is take the food from the freezer and place it into your NuWave oven. Once you've set the timer you don't have to do anything else, other than enjoy your meal. And it's healthy! No extra fat is needed for cooking in a NuWave oven, making this new idea a healthy choice for your family. The unique design also ensures that all the excess fat from your food drains away, leaving you with succulent and delicious low fat food. The advantages don't stop there. The NuWave Oven also: Saves you time Makes meat and fish irresistible Saves energy Reheats leftovers to their original standard NuWave Oven Cookbook also provides you with dozens of great recipes to get you started, making this the only book you will ever need for the complete experience with your new NuWave Oven! Get your copy now!

## Book Information

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## Customer Reviews

This is an excellent cookbook with a wide range of recipes. I particularly like the vegetable recipes and desserts. Highly-recommended. I'm not much of a cook myself (so far), so the FAQ section in Chapter 3 was particularly helpful. It explains what Triple Combo Cooking is and meaning of conduction, convection and infrared. It also explains the difference between a halogen oven and an infrared oven, and much much more. The conversion guide between metric and US (or Imperial as they say in the UK) measurements was also handy. I thought the crunchy, low calorie French toast

recipe for breakfast was excellent. All-in-all, a job well-done.

I love my Nuwave oven and this cookbook has some really delicious recipes. I already have found the book to be really informative and easy to use. Love the sound of the recipes and quick preparation suggestions. I really like how the author presented all the information.

pretty good recipes. I'm glad i chose this instead of the instant pot cook book. nuwave is a lot better and has more delicious meals in my opinion plus the nuwave is pretty easy to use for beginners and the clean up is definitely a lot easier than some of the other machines ive used.

This book is good for those using NuWave Oven for preparing meals. With so many great recipes inside I'm sure you will find a lot of yummy dish that you and your family will enjoy. I believe that having this cookbook is a good catch. I can't wait to cook for my family this weekend.

I bought this cookbook as a gift for my mother who stated that she liked it very much. My brother and I bought her a Nuwave Oven for her birthday and she has fallen in love with it. She is 93 years old, her house has no air conditioning, and the oven doesn't heat the kitchen. The heat is confined to the oven itself. The recipes are written especially for the Nuwave oven and give precise directions. I recommend the Nuwave Oven and the cookbook.

Nuwave Oven is a great technology which will help you to cook great food in your oven and also in a very short time. This book will help you to know everything about Nuwave Oven. There are a lot of books out there on the internet which are not so good cookbooks. But this book has all the informations and recipes which will help you a lot. These recipes are very easy to cook and also very delicious in taste. I have been following this book for a while and I am very pleased with it. The guideline is very good for any newbie. I recommend this book to everyone.

This is nice, but could use a few more "regular" recipes for regular people. We use the oven quite a bit and this has expanded our menu a bit. I like simple with simple ingredients and lots of taste. This has a good number of recipes that we like and use. I have no real complaints and would buy this again if it were lost.

This has helped me get better use of my NuWave oven. It is well written and is easy to follow for

any home cook. The ingredients are not something you probably wouldn't already have in your home. My family enjoys the typical American meal, and this works well for us.

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