Early to Rise Customer Support

What are your thoughts on an ActiFry?

Honey - 2020-02-06 - Chef Gui Eat More Burn More

Actifry is a low-fat appliance that reproduces the taste and appearance of fried foods. It works by cooking foods while only using 1 spoonful of oil. The truth is, I can’t judge because I have not tried it. Having said that, fat doesn’t necessarily make people fat. In fact, fat is beneficial in moderation. So while I try to cook using minimal amounts of oil (extra-virgin olive oil is my favorite), I don’t necessarily worry if I have to use a bit of butter or bacon, as part of a healthy meal. Rather, I focus on cooking with healthful ingredients that are unprocessed, natural, full of nutrients and fiber. I hope this help.”