

## Serve Taste, Not Oil

According to a report by WHO; the prevalence of obesity in children has increased at an alarming rate. Overweight and obese children are likely to stay obese into adulthood and more likely to develop non communicable diseases like diabetes and cardiovascular diseases at a younger age. The concern is getting higher every day as kids prefer eating outside and hence are getting more prone to health problems a very early age. Since the deep fried frozen foods prepared at home are also full of saturated fats, which are counted as the major reason behind such health issues. Overcoming this fear, Glen India launches it's another health endorsing product **Air Fryer GL 3041**, which can make all the favorite snacks and fries up to 80% oil free. *Air fryer uses the rapid air technology which circulates the hot air with a great pressure and up to 200 degree Celsius temperature around food.* This circulated air around the ingredients in the Air fryer, heats them up thereby resulting in food which is crusty outside and tender inside. Unlike the conventional deep fryers which use high quantity of oil to heat the food and make it crispy, the air fryer uses less or no oil to prepare food. Unpack the frozen food packet, put those delicious nuggets in the basket and simply air fry them. So if you are preparing French fries make them easy and almost 80% fat free and serve your kids healthy tasty snacks every day. You can bake, grill, roast and fry with this dynamic air fryer.

The Glen Air fryer wears this cool gizmo look, which is vogueish enough to match up the alluring finish of your modern kitchen. This uber cool appliance comes in black color with a Stainless Steel fascia and stylish transparent push buttons for easy control. It comes with **Digital Control and a LCD display** to keep a track of timing and temperature control. One can set the timer up to 60 minutes, and set temperature till 6 settings as per requirement. You can make that sumptuous potato wedges with a temperature setting of 180 degrees and air fry them till 20 minutes. And easily can keep a track on the LCD display for the status. **The basket inside the air fryer can be used for bake, grill and roast things as well.** Like, if you wish to make delicious muffins, simply put the muffin baking mould inside the basket with required ingredients and enjoy it in minutes. This easy to clean detachable basket comes with a separator to air fry two different snacks at the same time. The basket capacity is 800 gms, which means you don't need to fry many times to get substantial quantity. It is much safer option to cook as there is no worry of one getting exposed to scalding hot oil. To add more taste to your French Fries, you may add a pinch of oil for restraint like crispier results. For a perfect mother and a versatile homemaker this for sure an appliance to acquire and feel satisfied with your hygienic and healthy cooking every day.