



Title: The instant and long term benefits of an air fryer far outweighs its price

Keywords: Air fryer, healthy diet, oil, simultaneously

Air fryers are not cheap, but can be a very useful addition to your kitchen, especially if you are short on time or prefer a healthy diet without or with very less oil. Contrary to the name an air fryer is not only capable of frying, but also baking, grilling and roasting. Some devices come with food separators so that more than one item are cooked simultaneously within a short time. This device cooks by circulating hot air. This makes sure that the cooking is done uniformly and oil is not needed. However, you can add some oil directly to the food being prepared if you would like the taste of oil. Some devices are fitted with air filters to cut out the aroma of fried oil.

If you are still undecided about whether to buy an **air fryer** or not you need to know a few basic things about the product. An **air fryer** is an electrically operated machine that is designed not just for frying, but also for baking, roasting and grilling. So you get four functions out of one device. Let's look at some of the other benefits of the device.

Benefits of an air fryer

An **air fryer** is a quick action device that can cook 3 courses within half an hour. So if you have a busy schedule, or are always on the go, this device can be a very good addition to your kitchen.

However, its benefits are far more than this. If you are going to start a healthy diet or have been advised by the doctor to follow a healthy diet but you can't stop craving for the chips and French fries than an **air fryer** is your only option. You can get deep fried items without any oil or for a lot less oil than a regular fryer.

An **air fryer** fries with the help of circulating hot air. This makes oil redundant and at the same time fries the items uniformly. You can add oil, if you want. However, you should not pour oil directly into the pan, rather add it directly to the food being prepared. So you can get crispy fries without the grease and the unhealthy fat. Devices that are fitted with air filter can also prevent the aroma of fried oil from spreading.