

## Healthy cooking made easy with The Fine Life Ideal Oil Mister

Cooking with oils is now more healthy, natural and cost-effective with The Fine Life Ideal Oil Mister. Commercial oil sprayers are filled with chemical propellants and additives, while drizzling and brushing oil on food and pans leads to waste and extra calories being consumed. The easy and wholesome answer is to fill a high-quality durable mister with natural oils.

BPA-free and non-aerosol, [The Fine Life Ideal Oil Mister](#) can be used for a wide variety of all-natural oils in cooking. It is also perfect for spritzing balsamic and fine vinegars over salads.



### Why is using an oil mister more healthy, cost-effective and ecological?

- Using an oil mister means you consume less calories and so your food will be less fattening and greasy. It can also help with portion control.
- Spraying with normal cooking oil means you won't consume the unhealthy additives such as propellants and preservatives of the commercial cooking-spray brands.
- A lower fat intake can lower cholesterol and reduce the risk of developing heart disease.
- Food does not stick to the frying pan, making it easier to clean.
- As oil is sprayed, it eliminates the issue of wasted oil being poured down the drain. Oils last longer and the mister is very easy to clean and refill.
- You can experiment with tastes. Infuse your favourite oils with herbs, spices, chillis or garlic, then strain and fill your mister.

The Fine Life Ideal Oil Mister is being launched in the UK following success and [five-star customer reviews](#) in the US.

### Ways to manage fat and calorific intake with The Fine Life Ideal Mister

- Use a fine mist of olive oil to coat your pan before making omelettes, scrambled egg or pancakes.
- Reduce calories and achieve an even, yet light, coating by spritzing oil on meat, fish, sliced potatoes and vegetables before cooking, instead of using a brush or drizzling.
- Mist salads and vegetables with balsamic vinegars and light dressings.
- Mist to make baked items slide out of pans
- The Mister complements a Human Chorionic Gonadotropin (HCG) diet by using the minimum oil while cooking.
- Paleo diet followers can choose exactly where they get their oils.



From £19.95 from [Amazon](#)

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## Mister recipes

### Grilled vegetables

Take 1 small aubergine, 1 red pepper, 1 red onion and 1 small corgette. Cut lengthwise into thick slices. Spray lightly with your mister, and grill. Cook for about 10 minutes or until the vegetables are brown and tender.

### Bruschetta

Slice a loaf of fresh Italian bread about 2cm thick. Toast lightly, and mist both sides with garlic-infused oil. Spread a tablespoon of salsa on the toast and then layer with fresh basil leaves, roasted pepper and plum tomatoes. Dust with Parmesan cheese and grill until the cheese browns.



### **About The Fine Life**

Linda Feinholz, founder of The Fine Life, has spent 20 years as a successful business consultant working on a number of global brands including Disney, Mattel and Avon. Linda has also helped many small businesses and start-ups grow through her highly respected business acumen.

Linda's real passion is creating products that enable people to play with different flavours, colours and tastes and so in 2014 she set up The Fine Life brand.

After months in development and testing, she brought The Fine Life Ideal Oil Mister to market. The Mister's unique high-quality build and durability made it an overnight success. She developed the range, retaining the same product values, to include highly successful The Fine Life Tea Infuser and Coffee Brewer and Mug.

In 2016, seeing how important high-quality food and drink is to British people, she decided to bring The Fine Life to the UK.

Along the way, Linda wants to continue to help other business grow, which is why working with small independent producers across the UK is so important to her.

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