



Hon. President: Marguerite Patten OBE.
Chairman: Jennipher Marshall-Jenkinson
<http://www.microwaveassociation.org.uk>

Give them 5 in 5 and save a fiver!

That's the recommendation of the Microwave Technologies Association (MTA)

The MTA commissioned some research recently into the energy savings that can be made if consumers just cook the vegetable part of their meals in the microwave oven instead of conventionally on top of the stove!

The results were amazing !

You can save over £1.50 a week – not only that, additional research has shown that more nutrients are retained in microwave cooked food than by any other cooking method – up to 85% of the Vitamin C content, in fact, while vegetables cooked in saucepans on top of the stove contain only 19%.

So, go on – join the microwave good health and energy saving revolution!

You can cook 5 different vegetables enough for 2 people, in one covered dish in 5 minutes in the microwave oven and save over £5.00 every month on your energy bills compared to boiling them on top of the stove in a saucepan. – Not only that for the same portion size, you will be eating 5 times more nutrients with no added salt and lots of natural flavours.

90% of UK homes have a microwave oven in them – if every one cooked 21st century style – imagine the energy savings – and all those healthier people!

For more information and to purchase a copy of the MTA's latest cook book – Microwave Magic – The Art of 21st Century Cooking*, contact the MTA at Norfolk Glen, Love Lane, Iver, Bucks, SL0 9QZ, Telephone: 01753 652 939 or see www.microwaveassociation.org.uk

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* Microwave Magic – The Art of 21st Century Cooking, is the first dedicated microwave cook-book to be launched in Europe in over 12 years. Based on 900watt ovens, the book, at last provides some useful and up to date information about all aspects of microwave cooking. Contact the author – Jennipher Marshall-Jenkinson at jennipher@microwaveassociation.org.uk for more details,

