

## Non-Stick Cooking Spray

---

**Article No. 1040** (397 g/14 oz.)

One of the greatest kitchen inventions in recent years has been the development of non-stick cooking spray. It allows today's cook to sauté, stir-fry, and coat baking pans with less fat than if oil or butter were used. Watkins offers this high-quality cooking spray in a large, economical size, so you can add maximum flavor and minimum fat at every meal.

- **Zero fat/zero calories:** Although this product is mostly vegetable oil, the fine spray adds such a light coating that virtually no fat (a small fraction of a gram per 1/3 second spray) is added to food.
- **Eliminates sticking:** Sufficiently lubricates pan so food won't stick.
- **Large economical size:** Contains almost 1,600 servings!
- **Natural butter flavor:** A special process adds the flavor of real butter without the fat!
- **Convenient:** Ready at the touch of a button; takes less time than melting butter.

**Directions for use:** Shake well. Hold can 8–10 inches away from utensil. Spray in a sweeping motion across the entire cooking surface. Do not refrigerate.

