

Healthy Cooking Sprays

Almost every "healthy" recipe calls for a cooking spray to coat the pan. But the aerosol method of application may make you suspicious of its additives, such as soy lecithin and hydrocarbons. To enable the spray to work and to prevent foaming or clogging, manufacturers usually include a propellant agent, dimethyl silicone and a bit of alcohol. If you aren't convinced that cooking sprays are the best choice, making a homemade, healthy cooking spray alternative using olive oil and a pump bottle guarantees a safe spritz.

Pump It Yourself

A reusable pump eliminates waste from used aerosol cans, keeping the environment healthier, and ensures you control the ingredients. Purchase these pumps at cooking supply stores and fill with an oil of your choosing. Instead of artificial chemicals creating the pressure to release the oil — you press a button that pumps the oil into a cylinder. Increased internal pressure in the cylinder releases the oil in small spritzes onto your pan or baking dish. You minimize the amount of oil used and still have all the convenience of a spray without any additives.

