A Quick, Convenient Way to Healthy Eating

We're all aware of the need for healthy eating; after all, a nutritious diet is the cornerstone of good health. But in our fast-paced, modern lifestyles, finding the time to prepare healthy meals at home is becoming an increasingly difficult endeavour. One thing is for certain: we're all on a quest for quick and easy ways to prepare and consume healthy meals on a daily basis.

Enter Thermomix

Take a look at all your kitchen appliances, and imagine them condensed into one handy device that can weigh, cut, chop, mix, mince, pulverise, grate, grind, mill, beat, blend, whip, whisk, knead and emulsify – all at the touch of a button. Don't stop there: what if it could also cook, steam, simmer and fry various foods? Sounds too good to be true, right?

Thermomix is that very kitchen appliance! Designed to take the fuss out of cooking, this revolutionary device delivers healthy meals in minutes and requires minimal cleaning.

Thermomix is the result of expert German technology developed over years specifically to meet the demands of the modern family.

Healthier choices

Thermomix is accompanied by a wealth of specially-designed recipes. Precise temperature control allows for different foods to be prepared at their optimal cooking temperatures. With the maximum temperature capped at 100˚C, the vitamins, minerals and flavours of each ingredient are preserved. Foods that require extra care – for special family members such as babies or the elderly – can also be prepared with much less effort.

The convenience of Thermomix also means you can now easily make your pantry staples at home instead of purchasing them from supermarkets. Knowing what goes into them means that you can keep your food free from additives and preservatives.

Convenience is at the heart of Thermomix. With its ability to execute both food preparation and cooking with one device, time spent in the kitchen can be reduced drastically. That means more time to spend with those who matter the most – your loved ones.

Win a Thermomix!

Health in the City participants stand a chance to take home their very own Thermomix.

Health in the City