



Unique in Australia!

Pressed from Australian olives - picked early, whilst they are still young & full of polyphenol flavanoids. It has 3 times the amount of **polyphenols** found in premium oils. This oil supports better levels of cholesterol, blood pressure & innate immunity. It has a high flashpoint equal to coconut oil - 50°C more than ordinary olive oil - making it safe for pan frying & baking.

Vinaigrettes



Roasted vegetables

Bruschetta



Baking

Replacing butter/margarine



Taking 1-2 tablespoons of Olive Oil each day has been proven to reduce the risk of stroke & cardiovascular disease. {BBC Michael Mosely - Trust Me, I'm A Doctor} Polyphenols are a safe anti-inflammatory. Our oil also has many uses beyond the kitchen. It's moisturising properties make it suitable as a carrier or massage oil, & it can be added to your skincare & haircare regime. Olive Oil is used as a remedy to help soften ear wax.

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Kefir Guacamole



- 2 ripe avocados
- Squeeze of lemon juice
- 1 tbsp **Robust Olive Oil**
- 2 tbsp **Cocomilk-Kefir**
- Pinch sea salt/Himalayan salt

- Mash all ingredients together with a fork for a chunky guacamole, or add to a food processor for a smoother texture.
- Optional additions: finely sliced red onion, cherry tomatoes, crushed garlic clove, chopped coriander, chilli flakes.
- Serve with corn chips, dipping vegetables or use as a sandwich/toast spread.

Fermented foods are rich in enzymes, necessary as the body needs a certain amount of enzymes to properly digest & extract the nutrients from the foods we eat.

Vegan Garlic Aioli



- 1/2 cup **Cocomilk-Kefir**
- 1/2 large ripe avocado
- Squeeze of lemon juice
- 4 tbsp olive oil
- 2 cloves garlic
- Pinch sea salt/Himalayan salt & black pepper to taste

- Add all ingredients to your processor & combine. If you want a runnier mixture, add some water.
- Serve over hot baked potatoes, sweet potato wedges, or roasted asparagus.
- For a more 'yellow' colour, add a pinch of turmeric.

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