



Tips to Add EVOO to Every Day Meals

Extra virgin olive oil (EVOO) is extremely versatile and can be used in so many sweet and savoury dishes across all meals and snacks throughout the day. These tips can encourage everyone to enjoy more EVOO in their diets and consume the recommended minimum amount of 2-3 tablespoons a day to reap the health benefits.

Cook seasonal vegetables with

EVOO, which will not only enhance the flavour of the vegetables, but will also help to increase nutrient bioavailability. A good rule of thumb is to use one tablespoon of EVOO for one cup of vegetables



Swap butter

for a mild flavoured EVOO in baking. One teaspoon/cup of butter can be replaced with 3/4 teaspoon/cup of EVOO



As an alternative to butter or margarine,

spread EVOO across a favourite bread when making a sandwich, or simply dip a crusty sourdough baguette in a bowl of EVOO for a classic starter to any meal



For a healthy sweet snack,

dress fresh citrus fruit slices with a mild flavoured EVOO and dust with cinnamon



Replace commercial salad dressings

with a homemade dressing of EVOO, lemon juice, crushed garlic and fresh or dried herbs



Make silky scrambled eggs

by gently whisking EVOO into eggs instead of milk



EVOO is a perfect base ingredient

in marinades for a variety of meats and seafood.

