



Goodness in glass



Adding a dash of oil to your cooking while you are cooking or to the finished dish is a great way to add that little bit of finesse to your meals. Enjoy drizzling, searing and whisking with this new range of extra virgins from Olivado this summer. They also make great Christmas gifts _ add them to a basket of culinary delights.

All Olivado avocado, macadamia and coconut oils can be used for high heat cooking; perfect for barbequing steaks, chicken or fish.

Olivado's healthy and delicious range of extra virgins are now available in 250ml bottles from Countdown, New World and all good food stores. ——— By Linda Hall