

## **Almond Oil** (Fats and Oils)

**Interesting facts:** Almond oil had been used extensively for its health benefits and as a beauty aid much before science caught up with the goodness of this seed oil. Very popular in Southeast Asia and in the Mediterranean region where the Almond tree was first domesticated. It reduces inflammation topically and when ingested. Almond oil is also rich in folic acids, vitamin E and protein which are proved to be beneficial for cardiac health. It is known that intake of almonds as part of our regular diet can also lower and regulate the high cholesterol levels.

**How to store:** Refrigerate.

**How to use:** Almond Oil can be used for high temperature cooking, dressings, sauces, and body care.

**Recipe ideas:** Food grade almond oil makes a fabulous base for marinades and dressings.

**Marinades:** To make a simple marinade enough for about 3 pounds of meat, simply whisk together the following ingredients in a small bowl: 1 cup almond oil, 1/2 cup vinegar, 3 cloves minced garlic, 3 tablespoons finely chopped fresh herbs.

**Dressing:** To make a tasty vinaigrette-style salad dressing using almond oil, add the following ingredients into a clean, empty jar: 2 tablespoons chopped parsley, 1 tablespoon chopped chives, 1 tablespoon chopped tarragon leaves, 1/2 cup coarsely chopped almonds, 2 tablespoons food grade almond oil, 1 tablespoon balsamic vinegar, salt and pepper to taste.