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Oils



Olivado

1835 E. Hallandale Beach Blvd - Suite 630
Hallandale Beach, FL 33009 · United States
Tel: 954-454-5218
Fax: 954-456-6906
Internet: www.olivado.com



INTRODUCTION

Olivado is a New Zealand gourmet food products company dedicated to the production of a series of totally unique, healthy and delicious food products, with wide applications for fine dining and healthful living worldwide.

COMPANY

Olivado Natural Nutrition was conceived and founded by Chris Nathan, a professional Chef. He realized that the juice of avocados could be extracted and made into an ultra-healthy and delicious edible oil. Working hand in hand with the food scientists at Massey University, New Zealand's premiere Food Science University, under a New Zealand horticultural grant, pioneered and perfected the process of oil extraction from the avocado. Thus Olivado was born. This proprietary process they developed is used exclusively in their factory. No other company can produce avocado oil in the same manner



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with the quality and shelf life of Olivado extra virgin avocado oil. Today, Olivado's driving philosophy is to create products that add health and quality to peoples lives through natural nutrition. Olivado is situated in a 30 acre grove in Kerikeri, New Zealand in the beautiful Bay of Islands. From this fairy-tale environment, the healthiest, most delicious and versatile edible oil in the world is produced. Their extra virgin avocado oil is high in monounsaturated fat (the good fat), and retains all of the ultra-healthy plant sterols that make avocados one of the healthiest fruits on earth, such as beta-sitosterol, alpha and beta carotene, lutein, potassium, and is loaded with the powerful anti oxidant, vitamin E. It tastes like fresh avocados, has a 500 degree smoke point, and adds a wonderful flavor to any dish. For salads, drizzling, dipping, finishing, and high-heat cooking. Also try their flavor infused varieties: basil, rosemary, lemon, and award-winning Chili & bell pepper.

PRODUCTS & SERVICES

Cold pressed avocado oil: simply the squeezed juice of ripe New Zealand avocados. Flavor infused avocado oil: basil, rosemary, lemon, chili & bell pepper. Omega Plus oil: a healthy blend of cold-pressed avocado, olive and flaxseed oils. The Essential Avocado: avocado extracted skin care products Macadamia Oil: deliciously cold pressed from the finest macadamia nuts

WHERE TO BUY

Olivado products can be purchased from their website, www.olivado.com, or please see their "where to buy" section on the website for an Olivado retailer near you.

RECIPE DIRECTORY

By Cuisine: American	French French	Middle East Moroccan	By Course: Appetizers &
American Southern	Canadian German Greek	New Zealand Peruvian	Hors d'Oeuvres
Argentinian Asian	Hawaiian Hungarian	Polish Portugese Russian	Beverages Breads
Australian Austrian	Indian Indonesian Irish	Scottish Southwestern	Breakfast Condiments &
Brazilian Cajun Creole	Israeli Italian Japanese	Spanish Swedish Swiss	Sauces Desserts &
Canadian Caribbean	Korean Latin American	Thai Turkish Vietnamese	Pastries Entrées Pasta,
Chilean Chinese Cuban	Mediterranean Mexican		Patatoes & Grains Salads
English European Filipino			Sandwiches

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