

*Braham & Murray*  
**GOOD** Recipes

**GOOD OIL** is one of the best sources of **Omega 3** for Veggies & Vegans\*, and best of all, it is delicious!

**GOOD OIL** is the natural oil of cold pressed hempseeds. We produce it at our farm in Devon, where we always have taste in mind. You don't need to take our word for it though, celebrity chefs such as Jamie Oliver and Hugh Fearnley Whittingstall also love it!

**Hemp** is also a good carbon sequester, and we use 100% of the crop so nothing is wasted. So when enjoying **GOOD OIL** you can be proud of the fact that by choosing a UK hemp product you are helping the environment.



\*The beneficial properties of **GOOD OIL** are reduced when heated above 200C for long periods.

### **GOOD OIL** Crumble

#### **For the Crumble:**

- 35g flour
- 25g sugar
- 3 tbsp **GOOD OIL**

#### **For the Fruit:**

- 4 pears, peeled, cored and chopped
- 100g raspberries
- 50g Sugar

Preheat the oven to 190C/300F/Gas 2.

Mix the fruit and sugar together in a heatproof dish. In another bowl mix the flour, sugar and oil with your fingers until it resembles breadcrumbs. Put the flour mix over the fruit then place in the oven for 30 mins until golden brown.



1 serving contains (1/6 of the Crumble) **1.25 grams of Omega 3**  
= **47%** of the Recommended Daily Intake of Omega 3\*\*

\*\*According to EU FDA Recommendations