

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 Shortbread

- 12 Tablespoons **GOOD OIL**
- 110g golden caster sugar
- 50g hazelnuts
- 175g plain flour
- 150g cornflour

Preheat the oven to 150C/300F/Gas 2.

Place the hazelnuts in a food processor and process until finely ground. Add the rest of the dry ingredients and pulse until mixed.

With the motor running, slowly pour in the **GOOD OIL** until the mixture amalgamates. Tip into an oiled Swiss-roll tin (23x33cm/9x13") and press down so it is level.

Prick all over with a fork then put into the oven for 50-60 minutes until it is pale golden all over (please note, it wont be golden brown). It should be soft when it comes out, it will harden as it cools.

Cut into 12 squares immediately and after five minutes place onto a wire rack to cool.



This can be made without a food processor but chopped hazelnuts should be used and its best mixed by hand in a big bowl.

1 serving contains (1 piece of shortbread) **2.5 grams of Omega 3**
= **94%** of the Recommended Daily Intake of Omega 3**

**According to EU FDA Recommendations