

*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** Super Juice

- 100g blackberries or blueberries
- 200mls of cranberry juice
- 1tbsp **GOOD OIL**



Place all the ingredients in a blender and puree until smooth. Pour into a glass and add plenty of ice.

1 serving contains (1/2 of the juice) **0.63 grams of Omega 3**  
= **48%** of the Recommended Daily Intake of Omega 3\*\*

\*\*According to EU FDA Recommendations