

Braham & Murray
GOOD Recipes

GOOD OIL is one of the best sources of **Omega 3** for Vegetarians*, 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 Alioli

- 225 ml **GOOD OIL**
- 1 Garlic clove, chopped
- 1 Lemon, Juiced
- 1 tsp. Mustard Powder
- 1 Egg Yolk
- 1 tsp. Salt

Put all the ingredients except the **GOOD OIL** in a bowl then bring them together with a whisk till there is a smooth, extremely yellow paste. Continue whisking while adding the oil a little bit at a time bringing it together till you have a shiny, yellow emulsion. You can also put all the ingredients except the oil in a food processor, turn on the motor and slowly pour in the oil. Serve with crudites, chips or anything you desire.



1 serving contains (1/6 of the alioli) **6.25 grams of Omega 3**
= **235%** of the Recommended Daily Intake of Omega 3**

**According to EU FDA Recommendations