

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 Bread, Cheese & Spinach Pudding

- 4 tbsp **GOOD OIL**
- 12 slices white bread
- 4 eggs, beaten
- 400 double cream
- 200g spinach, chopped and cooked (cooked weight)
- 200g cheddar - grated

Preheat Oven to 180C/385F/Gas 2



Mix the cream and eggs together. Lightly oil a 2-litre baking dish. Put a layer of bread into the dish then drizzle with **GOOD OIL**. Place some of the spinach and cheese on top then pour the a third of the egg and cream mixture over. Repeat until all the ingredients are used up.

Finish with a layer of bread with just cheese on top.

Place in the oven and cook for 30 mins. Leave to cool for 10 minutes before serving.

1 serving contains (1/6 of the Pudding) **1.68 grams of Omega 3**
= **63%** of the Recommended Daily Intake of Omega 3**

**According to EU FDA Recommendations