

Special Oils

argan oil

An oil rich in Omega 6 and Omega 9 is considered an excellent ally to combat the onset of cardiovascular diseases and reduce the level of bad cholesterol in the blood. With a high antioxidant power, it is also used in the cosmetic field. To be eaten raw to dress salads and grilled vegetables, pasta or cous cous.

avocado oil

This oil has antioxidant properties thanks to the B, K, E, C vitamins and helps prevent cardiovascular disease thanks to the high quantity of mono and polyunsaturated essential fatty acids. To be used to enrich salads or appetizers, also excellent for cooking.

pumpkin oil

Obtained from the cold pressing of pumpkin seeds, thanks to its unsaturated fatty acids, Pumpkin Oil helps regulate blood cholesterol levels. Rich in vitamin E, it protects against oxidative stress. To be eaten raw, for salads or to enrich traditional Mediterranean dishes.

hemp seed oil

Obtained from the cold pressing of organic hemp seeds (Cannabis Sativa), it is a source of vitamin E, and rich in antioxidants and essential fatty acids. To be consumed raw to dress salads and fish, it is also suitable for the preparation of sauces.

pine nut oil

Obtained from the pressing of pine nuts, it is made up of about 50% of Omega 6 polyunsaturated fatty acids, as well as being very rich in antioxidants. To be eaten raw on fish or white meats, it is sublime in pastry, where its versatility allows it to be used in the preparation of many desserts.

almond oil

Obtained from the pressing of sweet almonds, it is a good source of unsaturated fatty acids, and rich in vitamins (B and E) and mineral salts (zinc, iron, calcium, magnesium, phosphorus and potassium). To be eaten cold to dress salads, its sweetness makes it suitable for the preparation of desserts and baked goods.

linseed oil

This clear-looking oil is obtained by squeezing the seeds of *Linum usitatissimum* L. (Linaceae). Particularly rich in alpha-Linolenic acid, a polyunsaturated fatty acid of the omega 3 series. With a delicate flavor, it can be used as a condiment for any dish, as it does not alter the taste of the dishes on which it is used. Excellent for salads, grilled vegetables, on fish.

pistachio oil

Pistachio oil has a high amount of mono and polyunsaturated essential fatty acids. With a delicate flavor, it is suitable for use in many traditional dishes. To be consumed both raw to enhance the flavor of white meats or raw fish, or for the preparation of sauces, cakes or biscuits.

hazelnut oil

Obtained from the cold pressing of the *Corylus avellana* fruit, it is made up of more than 80% oleic acid. It can be used in the preparation of sauces and main dishes such as pasta, meat, bread and derivatives or to dress salads. The high amount of oleic acid ensures its stability even at high temperatures, so it is recommended for baked goods such as sweets and biscuits.

walnut oil

Obtained from the cold pressing of walnut kernels (*Juglans Regia*). It has high quantities of polyunsaturated fatty acids, and is a source of alpha-linolenic acid, therefore it represents an excellent aid for the control of cholesterol or triglycerides. With a soft and delicate taste, it is recommended to use it raw on raw meats, fresh cheeses, pasta, legumes, potatoes, asparagus and fish.



250 ml
preziosa

500 ml
preziosa