



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Evergreen Infused Olive Oil **MAKES** 1 cup

CATEGORY Cosmetic **PREP TIME** 10 minutes **COOK TIME** 4-8 hours

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

1/2 cup coarse chopped evergreens (spruce, pine or fir)
1 cup extra virgin olive oil

DIRECTIONS

1. Preheat oven to 110F degrees.
2. In a colander, rinse evergreens to wash away any remaining debris.
3. Allow the evergreens to air dry or gently pat down with paper towel.
4. Using a sharp knife, coarsely chop twigs and needles of evergreens to help release the oils & resin.
5. Move the chopped evergreens to a small oven safe casserole dish.
6. Pour the olive oil over the chopped evergreens and place in the oven to bake for a minimum of 4 hrs.
7. Once oil has finished baking and has cooled to room temperature, strain the mixture through a fine mesh.

STORAGE

Store in an air tight container in a cool, dry and place.

MY NOTES
