



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Spruce Tip Infused Olive Oil **MAKES** 2 cups

CATEGORY Preparation Base **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 cup fresh spruce tips
2 cup olive oil

DIRECTIONS

1. Preheat oven to 110F degrees..
2. In a colander, rinse spruce tips to wash away any debris.
3. Allow the spruce tips to air dry or gently pat down with paper towel.
4. Using a rolling pin gently press roll over the tips to help release the inner oils.
5. Move the spruce tips to a small oven safe casserole dish.
6. Pour the olive oil over the tips, stir 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 cheesecloth to remove the tips.

STORAGE

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

MY NOTES
