

## Avocado Oil:

The avocado (*Persea americana*) is a tree native to the State of Puebla in Mexico. The native, undomesticated variety is known as a criollo, and is small, with dark black skin and contains a large seed. The avocado tree also has a long history of cultivation in Central and South America. The word 'avocado' comes from the Nahuatl word *ahuacatl*. The fruit is sometimes called an avocado pear or alligator pear (due to its shape and the rough green skin of some cultivars). Avocados are a commercially valuable fruit and are cultivated in tropical climates throughout the world. Producing a green-skinned, pear-shaped fruit that ripens after harvesting.



The avocado is a climateric fruit, which means that it matures on the tree but ripens off the tree. Avocados used in commerce are picked hard and green and kept in coolers at 3.3 to 5.6°C (38 to 42°F) until they reach their final destination. Avocados must be mature to ripen properly. Avocados that fall off the tree ripen on the ground. Generally, the fruit is picked once it reaches maturity. Once picked, avocados ripen in a few days at room temperature.

Avocados have a markedly higher fat content than most other fruit, mostly monounsaturated fat, and as such serves as an important staple in the diet of various groups where access to other fatty foods is limited. The fruit is not sweet but fatty, distinctly yet subtly flavoured, and of smooth, almost creamy texture. It is used in both savoury and sweet dishes, though in many countries not for both.

Avocados are very popular in vegetarian cuisine, making a substitute for meats in sandwiches and salads because of their high fat content. Their high in valuable fats appear to have beneficial effect on blood serum levels. Patients who have high avocado intake for seven day showed a 17% decrease in total serum cholesterol levels. These subjects also showed a 22% decrease in both LDL and triglyceride level and 11% increase HDL.

Avocado oil is an edible oil pressed from the fruit of avocados. Research places avocado on par with olive oil for its apparently healthful ration of saturated and unsaturated fats. As a food oil, it is used as an ingredient in other dishes, and as a cooking oil. It is also used for cosmetics where it is valued for its regenerative and moisturising properties. It has an unusually high smoke point of 255°C (491°F), and function well as a carrier oil for other flavour. It is high in monounsaturated fats and vitamin E. Avocado oil is one of few vegetable oils not derived from seeds; it is pressed from the fleshy pulp surrounding the avocado pit.

Avocado oil may be helpful in maintaining weight because of its high content of monounsaturated fat which boosts metabolism. It creates a "full" feeling, which can lead to less food intake, especially of food that may be high in sugar and saturated fat. Avocado oil is rich in nearly 20 minerals and vitamins including B6, which is essential for healthy red blood cells, the nervous system, gums and teeth. Other nutrients include iron, potassium, lutein and folate. Avocado oil also contain pantothenic acid, copper and phytonutrient lutein, which helps boost eye health as we age.

Antioxidants contained in avocado oil can fight free radicals that help create a variety of illnesses and conditions. By fighting free radicals, foods high in antioxidants provide a healthy defence against cataracts, cancer, high cholesterol and arthritis.



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**Green Tosca** Avocado Oil is cold pressed from carefully selected naturally ripened New Zealand grown avocados, to produce the fresh flavour of one of nature's healthiest oils. The mild and nutty flavour will enrich your cooking while the green colour adds vibrancy and freshness to dressings and sauces. **Green Tosca** Avocado oil is best used for substitution to butter on baking bread; frying and barbequeing; dipping bread; marinading and basting; and salad dressing.

Our oil comes in 250ml & 750ml in glass bottle.

**Note:** Changes in temperatures may cause some natural waxes/gums to solidify and settle. This does happen at times and found only with *genuine natural cold pressed oils*. A refined and deodorized oil have these "impurities" removed.