

MARY'S SAUTE OIL

(Recommended by Mary Enig, PhD., nutritionist specializing in research on fats)

Blend and store in a jar on your counter:

1 part coconut butter, gently melted
1 part organic extra virgin olive oil
1 part sesame oil

This is a great sauté oil. It provides a Blend of omega oils, as well as some natural Preservatives.

Factory made bottled Oils are usually rancid, due to the high-Heat processing. They are bleached and fumigated. Most vegetable oils Are fragile oils and spoil easily. She Also recommends natural fats like lard And butter. They are stable, do not spoil at Room temperature and have been used for Centuries by healthy people. Factory processed Vegetable oils are a new addition to our diet And many say, a dangerous experiment.