

Cooking with Fats and Oils

Almond Oil Salad dressings, sauces, sautéing, Refrigerate.

Canola Oil Baking, sautéing, sauces, salad dressings. Usually chemically contaminated. Not recommended unless organic.

Coconut Oil and Butter Baking, frying, body care. Tasteless. Does not need refrigeration but keep cool.

Flaxseed Oil Nutritional supplement. Can be used for salad dressings. Refrigerate.

Olive Oil Salad dressings, marinades, wine sauces, sautéing. Does not need refrigeration but keep cool.

Palm Kernel Oil Baking and frying. Does not need refrigeration but keep cool.