



MEGA OIL

Recipes





GRAHAMS NATURAL *Mega oil*

Grahams Natural Mega Oil has become a quick favourite amongst skin condition sufferers and healthy lifestyle activists.

The Mega Oil contains a multitude of healthy, essential fats that can be used and added to meals in a variety of ways! Grahams Natural Mega Oil is made up of omega 3, 6 and 9 oils that not only provide internal skin benefits but has been known to help treat gut and health issues.

The Mega Oil contains valuable oils such as Flaxseed Oil, Evening Primrose Oil, Borage Oil, Safflower Seed Oil, Sunflower Seed Oil, Sesame Seed Oil, Pumpkin Seed Oil. These oils combined hold a large amount of healthy benefits to your body and skin.



SCIENTIFICALLY
FORMULATED



NATURALLY
FORMULATED



EFFECTIVE
RELIEF



AUSTRALIAN
MADE



CRUELTY
FREE



RECYCLABLE
PACKAGING

INGREDIENT

Overview

FLAXSEED OIL

Flaxseed oil is high in omega 3 fatty acids. It has been known to have a variety of health benefits that include reducing blood pressure and promoting regularity. The omega 3 oils in flaxseed oil have been associated with benefits such as reducing inflammation, improving overall health and protection of the brain against aging.

EVENING PRIMROSE OIL

Evening primrose oil is made from the seeds of flowers from a North American native plant. The oil has been used for centuries to treat bruises, digestive problems, and general colds. Evening Primrose Oil is used in Grahams Natural Mega Oil to help ease eczema and skin inflammation while also improving overall skin health such as improving elasticity, moisture, and firmness.

BORAGE OIL

Borage oil is an extract made from seeds from the *Borago officinalis* plant. Borage seed oil is praised for its fatty acid called gamma linolenic acid (GLA). The oil is known for helping skin conditions such as eczema while reducing inflammation in the body.

SAFFLOWER SEED OIL

Safflower seed oil contains healthy fats called unsaturated fatty acids. These fats offer health benefits when consumed such as blood sugar control, heart health and reducing inflammation. It is also a great additive to those who suffer from skin conditions as it helps calm dry and inflamed skin.

The Grahams Natural Mega Oil has been developed to be an easy additive to any skin sufferers or healthy living activists' lifestyle. The oil can be added to a variety of foods and drinks as it has a neutral, nutty taste – making it easy to consume all the incredible health benefits that oil has to offer.

Grahams have compiled a variety of great recipes in which Mega Oil can be added to however it is important to note that another oil such as coconut can be added to them yet you wont be receiving all the health benefits that Mega Oil has to offer.

SUNFLOWER SEED OIL

Sunflower seed oil is rich in Vitamin A & E and Omega 6. Vitamin A & E are great for improving overall health and well-being such as improving vision, aiding in immune system health, and helping to protect cells from damage. While Omega 6 fatty acids aids in reducing the risk of heart disease and lowering bad cholesterol levels.

SESAME SEED OIL

Sesame seed oil contains vitamin e which helps in protecting skin cells from natural, environmental damage. The oil also contains phenolic compounds which give the oil antioxidant and anti-inflammatory properties!

PUMPKIN SEED OIL

Pumpkin seed oil is said to help promote heart health while also containing vitamins and anti-inflammatory properties. The oil is high in natural fiber which promotes a healthy digestive health for those with skin problems and general gut issues.

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BLUEBERRY GREEN TEA *Smoothie*

INGREDIENTS

- 1 cup plain yogurt
- 2 cups frozen blueberries
- 1/2 cup of green tea
- 1 tablespoon of honey (optional)
- 3 teaspoons of mega oil

DIRECTIONS

1. Start by steeping your green tea. Preferably, use fresh matcha powder over the teabag variety, since green tea (much like omega-3 fish oil) is better in a fresh, less processed form.
2. In a blender, combine the yogurt, blueberries, and green tea and blend until smooth. Add the honey if you prefer the extra sweetness.
3. Pour the mixture into a tall glass.
4. Now, with a spoon, stir in the mega oil until smooth.

HEALTHY GREEN *Smoothie*

DIRECTIONS

- 1.** Power up your morning with this fruit-veggie combo. Prepare the banana by slicing and placing it in a freezer bag. Freeze the banana overnight.
- 2.** In a blender, combine the unsweetened almond milk, honey yogurt, baby spinach and frozen banana and blend until smooth.
- 3.** Pour the mixture into a tall glass.
- 4.** Now, with a spoon, stir in the mega oil until smooth.



INGREDIENTS

- 1/2 cup unsweetened almond milk
- 1/2 cup honey yogurt
- 3 cups baby spinach
- 2 bananas (sliced and frozen)
- 1 tablespoon of mega oil



PEANUT BUTTER Smoothie

INGREDIENTS

- 1 small banana
- 1/2 cup almond milk
- 1 teaspoon of creamy peanut butter
- 1 tablespoon of mega oil
- 3 ice cubes

DIRECTIONS

- 1.** In a blender, combine the banana, almond milk, peanut butter, ice cubes and blend until smooth and frothy.
- 2.** Pour the mixture into a tall glass.
- 3.** Now, with a spoon, stir in the mega oil until smooth.

BERRY GINGER *Smoothie*

DIRECTIONS

- 1.** In a blender, combine the strawberries, blueberries, orange juice, ginger, yogurt, ice cubes and blend until smooth.
- 2.** Scraping down the side of the container occasionally if mixture get stuck
- 3.** Pour the mixture into a tall glass.
- 4.** Now, with a spoon, stir in the mega oil until smooth.



INGREDIENTS

- 1 cup frozen strawberries
- 1/2 cup fresh blueberries
- 1/2 cup fresh orange juice
- 2 teaspoon chopped and peeled fresh ginger
- 1/4 cup plain low-fat (1%) yogurt
- 1 tablespoon of mega oil
- 2 ice cubes



INGREDIENTS

- 1/2 firm ripe avocado (peeled)
- 1 cup frozen mixed berries
- 1 ½ cups soy milk/almond milk
- 2 teaspoons honey
- 1 tablespoon mega oil

AVOCADO BERRY *Smoothie*

DIRECTIONS

1. In a blender, combine the avocado, mixed berries, your choice of milk, honey and blend until smooth and creamy.
2. Pour the mixture into a tall glass.
3. Now, with a spoon, stir in the mega oil until smooth.

BREAKFAST

Smoothie Bowl

DIRECTIONS

1. Prepare the banana by slicing and placing it in a freezer bag. Freeze the banana overnight.
2. In a blender, combine the frozen banana, mango, pineapple, almond milk and blend until smooth.
3. Make sure the consistency is still thick, stopping and stirring occasionally. Adding more liquid if needed.
4. Pour into 2 bowls with a spoon, stir in the mega oil until smooth.
5. Add your desired toppings.



INGREDIENTS

- 1 banana (sliced and frozen)
- 1 cup frozen mango chunks
- 1 cup frozen pineapple chunks
- 1 cup almond milk
- 1 tablespoon mega oil

DRESSING

with herbs



DIRECTIONS

- 1.** In a blender or food processor, combine vinegar, chives, parsley, basil, oregano, mustard, and garlic and blend until smooth.
- 2.** Slowly add Mega Oil in a fine stream and blend until slightly creamy.
- 3.** Season with cayenne, salt and pepper.

INGREDIENTS

- 3 tablespoons apple cider vinegar or lemon juice
- 1 tablespoon chopped chives
- 1 tablespoon chopped parsley
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dry mustard
- 1 large clove garlic, roughly chopped
- 1 ½ tablespoons mega oil
- A pinch of cayenne
- 1/2 teaspoon salt
- A pinch of ground black pepper

SOY & SESAME

Vinaigrette

DIRECTIONS

1. Add sugar, white vinegar and soy sauce into a saucepan.
2. Gently heat until sugar is dissolved.
3. Leave to cool.
4. Once cooled add sesame oil, mega oil and lemon.
5. Mixed well and pour over salad.



INGREDIENTS

- 25g raw sugar (or honey)
- 65g white vinegar
- 30g soy sauce
- 10g sesame oil
- 3 tablespoons mega oil
- 1 squeezed fresh lemon



BASIL & THYME *Pesto*

INGREDIENTS

- 1 cup loosely packed fresh basil
- 1/2 cup loosely packed fresh parsley
- 1/2 cup loosely packed fresh thyme leaves
- 1/2 cup grated parmesan
- 1/2 cup toasted pine nuts
- 2 garlic cloves
- 3 tablespoon mega oil
- 1/4 cup olive oil

DIRECTIONS

- 1.** Finely chop first 5 ingredients in processor.
- 2.** With machine running, gradually add mega oil.
- 3.** Continue processing until pesto is almost smooth.
- 4.** Season to taste with salt and pepper. (Pesto can be prepared up to 1 week ahead. Cover tightly and refrigerate.)
- 5.** Do not heat. Leave out and warm to room temperature, then mix into cooked hot pasta.

TAHINI

Spread

DIRECTIONS

1. Preheat oven to 350.
2. Toast sesame seeds for 5-10 minutes, tossing the seeds frequently with a spatula. Do not allow to brown. Cool for 20 minutes.
3. Pour sesame seeds into food processor and add the olive or vegetable oil and mega oil. Blend for 2 minutes. Check for consistency. The goal is a thick, yet pourable texture.
4. Add more olive or vegetable oil and blend until desired consistency.

NOTE: Tahini should be stored in the refrigerator in a tightly closed container. It will keep for up to 3 months.



INGREDIENTS

(Can make up to 4 cups)

- 5 cups sesame seeds
- 1 ¼ cups olive oil or vegetable oil
- 2-3 tablespoon mega oil



HUMMUS

Spread

INGREDIENTS

(Can make up to 2.5 cups)

- 1 can chickpeas (reserve half the liquid from the can)
- 4 tablespoons lemon juice
- 2 tablespoons tahini
- 1 clove garlic (chopped)
- 1 teaspoon salt
- 2 tablespoons mega oil
- black pepper to taste

DIRECTIONS

- 1.** In a blender, chop the garlic. Pour chickpeas into blender, reserving about a tablespoon for garnish. Place lemon juice, tahini, chopped garlic, mega oil and salt in blender.
- 2.** Blend until creamy and well mixed.
- 3.** Transfer the mixture to a medium serving bowl.
- 4.** Sprinkle with pepper over the top. Garnish with reserved chickpeas.

NUT Butter

DIRECTIONS

1. Put the nuts into your food processor. Turn the machine to high.
2. Blend for 60–90 seconds and slowly add the Mega oil until desired consistency is reached.
3. Place into an airtight container and refrigerate.

Note: Use within 6 weeks.
Do not heat or use for frying.



INGREDIENTS

- 1/2 cup almonds
- 1/4 cup brazil nuts
- 1/2 cup cashews
- Mega oil



MEGA OIL Fat Bomb

INGREDIENTS

(keto-based)

- 1 cup nut butter of choice
(or allergy friendly)
- 2/3 cup cocoa powder
- 4-5 tablespoon sweetener
of choice (or as desired)
- 1/4 tsp salt
- 2 tablespoon mega oil
- Sugar Free Choc Chips (optional)

DIRECTIONS

- 1.** Blend everything together in a food processor. Scrape down the sides as needed until it forms a smooth dough.
- 2.** Refrigerate just until firmed.
- 3.** Scoop with a mini cookie scoop and roll into balls.

AVOCADO Mousse

DIRECTIONS

1. Add all of the ingredients to a food processor or blender. Process until completely smooth.
2. Transfer to a sealable container and refrigerate at least 1 hour, or until ready to serve.
3. Serve with grated dark chocolate and/or coconut whipped cream.

Note: You may need to scrape the edges of the food processor to get everything to combine.



INGREDIENTS

- 2 large avocados (peeled, pitted, and halved)
- 1/3 cup pure maple syrup or honey
- 1/2 cup raw cacao powder or unsweetened cocoa powder
- 1/4 cup unsweetened almond milk or coconut milk
- 1 teaspoon of mega oil
- 1/8 teaspoon sea salt



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Grahams Natural Mega Oil please visit
<https://www.grahamsnatural.com.au/products/mega-oil>.

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