

TIPS ON USING OLIVE OILS IN BAKING DESSERTS

PURE OLIVE OIL IS ALWAYS BEST FOR SWEET DESSERTS.

Always coat or spray all baking pans with olive oil to prevent sticking. This includes cookie sheets.

Keep olive oil away from light and heat. If you are not using your olive oil on a regular basis, it is best to store it in the refrigerator or freezer to prevent the oil from becoming rancid. When you're ready to bake, bring it back to room temperature and bake away!

If you plan on baking often, purchase your olive oil in bulk (in large containers). This may reduce your costs significantly. A great place to look for good prices on olive oil is at grocery warehouse stores.

When baking non-sweet breads and other foods, don't be afraid to use extra virgin or virgin olive oil. It tastes fantastic, and remember it is very good for you.

