

OIL GUIDE FOR BAKED GOODS

PEANUT OIL



Flavour: Nutty



Smoking Point: High



Best for Dishes: Peanut Butter Cookies & Peanut Banana Bread



COCONUT OIL



Flavour: Aromatic



Smoking Point: Low



Best for Dishes: Blueberry Scuffins, Lemon Oil Curd & Apple coconut oil muffin



CANOLA OIL



Flavour: Mild



Smoking Point: High



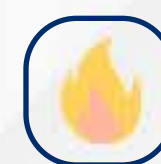
Best for Dishes: Oil-based Cakes, Cinnamon Oat Cookies, and Margarine



GRAPESEED OIL



Flavour: Mild



Smoking Point: Low



Best for Dishes: Jelly doughnuts & Mayonnaise



AVOCADO OIL



Flavour: Buttery



Smoking Point: High



Best for Dishes: Banana Bread loaf & Chocolate Avocado Oil Cake



Coconut oil complements well with bananas, chocolate and tropical flavours

