



Simply Delicious and Remarkably Healthful

- **80% MONOUNSATURATED**
- **NO TRANS FAT**
- **NO CARBOHYDRATES**
- **EXPELLER PRESSED**
- **HIGH SMOKE POINT**
- **LONG SHELF LIFE**

Oils of Aloha's Macadamia Oil

is a naturally light oil known for its excellent flavor and superior health profile. It offers a healthy alternative to other cooking oils.

Macadamia Oil contains a near perfect ratio of Omega-3 and Omega-6 fatty acids and the highest level (80%) of monounsaturated fat found in any popular cooking oil. Our macadamia oil is ideal for stir-fry and sautéing due to its high smoke point of 389°F.

Five Great Flavors!

- | | |
|----------------------|---|
| Hawaii's Gold | <i>Pure Hawaiian Macadamia Oil</i> |
| Pele's Fire | <i>Infused with Chilis</i> |
| Kauai Herb | <i>Addition of Italian Herbs</i> |
| Garlic Isle | <i>Blended with Roasted Garlic</i> |
| Haleiwa Heat | <i>Combination of Chilis and Roasted Garlic</i> |



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Macadamia Oil is ideal in everyday cooking.

The flavor of macadamia oil is compatible with most foods on our daily menu and can simply replace common, less healthful cooking oils. It replaces butter advantageously, with only a minor flavor shift. Delicious in salad dressings, chicken and fish dishes and in most baked goods. You won't be disappointed by testing it freely, though a little goes a long way, especially in sautéing.



Imaginative recipes
www.oilsofaloha.com/macrecipes.php



Oils of Aloha® Macadamia Oil offers adventurous flavors and useful sizes for every need.

		5 oz.	12.7 oz.	32 oz.	128 oz.
Hawaii's Gold	glass	MHG5	MHG12.7		
	plastic	MHG5p		MHG32	MHG128
Pele's Fire	glass	MPF5	MPF12.7		
	plastic	MPF5p		MPF32	MPF128
Garlic Isle	glass	MGI5	MGI12.7		
	plastic	MGI5p		MGI32	MGI128
Kauai Herb	glass	MKS5	MKS12.7		
	plastic	MKS5p		MKS32	MKS128
Haleiwa Heat	glass	MHH5	MHH12.7		
	plastic	MHH5p		MHH32	MHH128

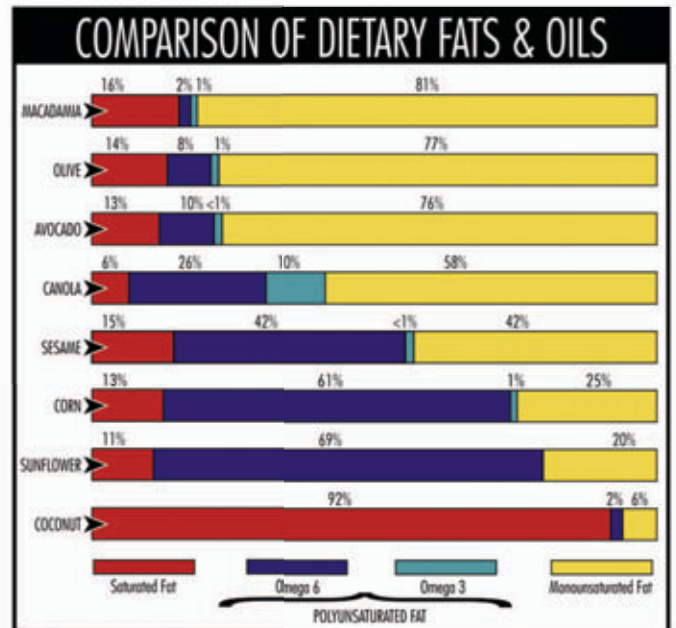
Macadamia Oil

has not only a very high smoke point, it also has excellent flavor retention. At 389°F., macadamia oil has a smoke point (the temperature at which an oil smokes and begins to deteriorate in flavor and quality) twice that of extra-virgin olive oil and competes favorably with even peanut oil for sautéing and stir-frying. Also, while the flavor of extra-virgin olive oil boils off around 170°F., macadamia oil retains its wonderful, nutty flavor and bouquet even up to its high smoke point — providing a margin of stability for the full range of common cooking temperatures. Its highly monounsaturated composition, supplemented with Vitamin E, protects the oil from oxidation and guarantees a long shelf life without refrigeration.

Macadamia Oil Sampler

(four 5 oz. Bottles- Hawaii's Gold, Pele's Fire, Garlic Isle, Kauai Herb)

glass MACSS plastic MACSSp



References: Agriculture Handbook No. 8-4, Human Nutrition Information Service, USDA and Oils of Aloha. © Copyright 2009. Oils of Aloha. All rights reserved.