



SOUTHERN FORESTS AVOCADO OIL

Our cold-pressed extra-virgin avocado oil is made from avocados grown in the Southern Forests of Western Australia. We use only this fruit to produce an award-winning extra-virgin avocado oil that meets the highest international standards through premium fruit and careful processing.

Our Southern Forests Extra Virgin Avocado Oil is naturally rich in the nutrients found in fresh avocados, bringing these benefits directly to your cooking. Its ability to maintain integrity up to 250°C means that these health benefits do not oxidise in high-heat applications.





From fresh salads to sizzling stir-fries, avocado oil brings out the best in savoury dishes. Roast vegetables until golden, sear meats, blend into mayonnaise, or simply enjoy with bread. Versatile and flavourful, it performs beautifully at any temperature.

Ingredients: **100% West Australian Extra Virgin Avocado Oil**

NUTRITIONAL PANEL

Average Quantity	PER SERVING 15ml	PER 100ml
Energy (kJ)	517	3447
Protein (g)	0	0
Fat, total (g)	13.7	91.5
Saturated (g)	2	13.4
Trans (g)	0	0
Polyunsaturated (g)	2	13.3
Monounsaturated (g)	9.7	64.8
Carbohydrate (g)	0	0
Sugar (g)	0	0
Sodium (mg)	0	0
Vitamin E (mg) 20% RDI*	2	13.5
Total Plant Sterols (mg)	64.2	427.9
Beta Sitosterol (mg)	59.2	394.9

* Recommended Dietary Intake (Per Serving)

Our oil meets quality and purity standards for Cold Pressed Oils, in accordance with International Food Standards.

Acid Value < 4.0 mg KOH/g oil,

Peroxide Value < 15 mEq O₂/kg oil

< Indicates Less Than



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