



GREEN OLIVES WITH GARLIC AND BASIL 250G

PRICE: **4,76** USD

SHIPPING TIME: 24 GODZINY

BRAND: ELLIS FARM



ITEM DESCRIPTION

OLIVES ARE AN IMPORTANT INGREDIENT IN MEDITERRANEAN CUISINE, ONE OF THE HEALTHIEST, IF NOT THE HEALTHIEST, CUISINES IN THE WORLD.

EVEN THOUGH OLIVES ARE A RICH SOURCE OF FATTY ACIDS, THEY ARE LOW IN CALORIES. 10 OLIVES ARE ONLY 37 KCAL. IN SUCH A PORTION WE GET THE ENTIRE PACKAGE OF NUTRITIONAL INGREDIENTS. FIRST OF ALL, OLEIC ACID, WHICH REDUCES THE ACTIVITY OF THE GENE RESPONSIBLE FOR THE OCCURRENCE OF BREAST CANCER AND PROTECTS THE HEART AND VESSELS, REDUCING THE RISK OF CIRCULATORY DISEASES, PHOSPHOLIPIDS, WHICH ARE THE BASIC COMPONENT OF CELL MEMBRANES, ESPECIALLY NERVE CELL MEMBRANES, AND COPPER, WHICH PROTECTS NERVE FIBERS AND ACTS AS AN ANALGESIC. THE ANTIOXIDANT AND ANTI-INFLAMMATORY PROPERTIES OF OLIVES MAKE THEM A NATURAL PROTECTION AGAINST CANCER. CHRONIC OXIDATIVE STRESS AND CHRONIC INFLAMMATION MAY BE KEY FACTORS IN THE DEVELOPMENT OF CANCER. THEREFORE, THE RICH RESOURCES OF ANTIOXIDANT AND ANTI-INFLAMMATORY INGREDIENTS IN OLIVES CAN HELP PREVENT CANCER. THE COMBINATION OF THE BENEFICIAL PROPERTIES OF OLIVES WITH GARLIC, WHICH IS A NATURAL ANTIBIOTIC, IS A PORTION OF HEALTH AND GREAT TASTE.

THE FIRST OLIVE GROVES WERE CREATED IN GREECE OVER 3500 YEARS BC. OLIVES WERE THE BASIS OF THE DIET, AN INGREDIENT OF RELIGIOUS RITUALS, A RAW MATERIAL FOR THE PRODUCTION OF COSMETICS, AND THEIR TWIGS WERE A SYMBOL OF VICTORY AND FERTILITY. ELLIS FARM'S GREEN OLIVES WITH GARLIC AND BASIL COME FROM THE FAMILY'S OLIVE GROVE THAT HAS BEEN CULTIVATED FOR SIX GENERATIONS IN CRETE IN THE AGIA VARVARA REGION NEAR HERAKLION. THEY ARE HAND PICKED AND MARINATED ACCORDING TO A TRADITIONAL FAMILY RECIPE. THE PERFECT COMBINATION OF INGREDIENTS AND CENTURIES-OLD TRADITION, PASSION AND EXPERIENCE GUARANTEE A UNIQUE TASTE EXPERIENCE.

NOT TOO SALTY, NOT TOO BITTER - PREPARED ON THE SPOT - WITH GARLIC AND BASIL, THEY ARE A PERFECT ADDITION TO MEDITERRANEAN DISHES.

100% NATURAL PRODUCT - ELLIS FARM DOES NOT IMPROVE NATURE.

COMPOSITION: GREEN OLIVES WITH PITTED GARLIC BASIL EXTRA VIRGIN OLIVE OILSEA SALT. STORE AT ROOM TEMPERATURE, REFRIGERATE AFTER OPENING.

OLIVES - "THE FRUIT OF LONGEVITY" - SCIENTISTS ARGUE THAT EATING SEVEN PIECES OF FRUIT EACH DAY WITH THE ADDITION OF EVOO (EXTRA VIRGIN OLIVE OIL) AND A LITTLE GOAT CHEESE WILL ENSURE HEALTH AND EXCELLENT CONDITION OF THE BODY.