

## GREEN OLIVES PASTE WITH CHILLI 1 KG

PREVIOUS PRICE: USD

DISCOUNT: **18,79** 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.**

OLIVES ARE A VALUABLE SOURCE OF VITAMIN E, KNOWN AS THE VITAMIN OF YOUTH. RICH IN UNSATURATED FATTY ACIDS, THEY ALSO HAVE THE ABILITY TO LOWER THE LEVEL OF BAD CHOLESTEROL IN THE BLOOD. IT HAS BEEN SHOWN THAT PEOPLE WHO REGULARLY EAT OLIVES AND USE EVOO OIL IN THEIR DAILY MEALS GENERALLY CONSUME FEWER CALORIES AND ARE RARELY OVERWEIGHT. A DIET HIGH IN MONOUNSATURATED FATS INCREASES THE LEVELS OF SEROTONIN IN THE BLOOD, THE SO-CALLED SATIETY HORMONE THAT MAKES US FEEL FULL. TAPENADE IS AN OLIVE PASTE - IT BELONGS TO THE CHARACTERISTIC ELEMENTS OF MEDITERRANEAN CUISINE, WHICH NUTRITIONISTS ALMOST UNANIMOUSLY PLACE IN THE FIRST PLACE IN THE RANKING OF ALL DIETS KNOWN TO US. HOW TO USE TAPENADE? MOST OFTEN WE USE IT AS A SPREAD FOR BREAD - BUT IT WORKS VERY WELL AS AN ADDITION TO SALAD DRESSINGS - THANKS TO IT IT WILL GAIN A FRESH, UNIQUE TASTE THAT WILL DELIGHT OLIVE GOURMETS. THE CHARACTERISTIC TASTE OF CHILLI TAPENADE - SLIGHTLY SALTY AND REFRESHING WITH A SPICY NOTE OF PAPRIKA, IT WILL BE PERFECT AS A "DIP" TO THE CHEESE BOARD SERVED DURING EVENING MEETINGS WITH FRIENDS.



THE ELLIS-FARM GREEN CHILLI TAPENADE IS MADE FROM CHALKIDIKI OLIVES, FROM THE FAMILY OLIVE GROVE THAT HAS BEEN CULTIVATED FOR SIX GENERATIONS IN CRETE IN THE AGIA VARVARA REGION NEAR HERAKLION. THE FRUITS ARE HAND PICKED AND PREPARED ACCORDING TO A TRADITIONAL FAMILY RECIPE. THE PERFECT COMBINATION OF INGREDIENTS AND CENTURIES-OLD TRADITION, PASSION AND EXPERIENCE GUARANTEE A UNIQUE TASTE EXPERIENCE. GREEN TAPENADE WITH ELLIS-FARM CHILLI IS A GREAT TASTE IN ITSELF, WITHOUT ARTIFICIAL ADDITIVES OR PRESERVATIVES - IT IS ENOUGH TO SKILLFULLY USE WHAT NATURE OFFERS. 100% NATURAL PRODUCT - ELLIS FARM DOES NOT IMPROVE NATURE.

COMPOSITION: CHALKIDIKI GREEN OLIVES DRIED TOMATOES CHILLI PEPPER OREGANO BASIL EXTRA VIRGIN OLIVE OIL SEA SALT  
STORE AT ROOM TEMPERATURE, REFRIGERATE AFTER OPENING.

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