







## **APPLICATIONS**

- High-heat cooking: sautéing, grilling, roasting, and baking
- Finishing: salads, soups, grain bowls, and more

## **FUN FACTS**

Avocado oil leads specialty oils in dollar sales, surpassing grapeseed and sesame oils. (Nielsen,

Consumer awareness of avocado oil's benefits and versatility is driving a significant growth trend (Nielsen)

Similar in health benefits to extra virgin olive oil, avocado oil also boasts a higher smoke point for optimal performance in high-heat applications.