





# Organic & Natural Cooki



Non-Stick  
Cooking Spray  
Canola Oil

16 FL OZ

**\$6.49**



Selected Varieties

**SMOKE POINT**  
up to 450°F High



Non-Stick  
Cooking Spray  
Olive Oil

6 FL OZ

**\$3.99**



Selected Varieties

**SMOKE POINT**  
up to 325°F High



Unrefined  
Sesame Oil

16 FL OZ

**\$5.99**



**SMOKE POINT**  
up to 350°F High

Canola Oil  
Refined

32 FL OZ

**\$5.29**



**SMOKE POINT**  
up to 450°F High

Safflower Oil  
Refined

16 FL OZ

**\$3.79**



**SMOKE POINT**  
up to 450°F High



Gather all your ingredients for the big family meal. Know which oil and it's smoke point to use for different dishes. Don't risk adding a burnt flavor to your food. Pay attention to the smoke point or temperature at which an oil starts to burn and smoke. Spectrum unrefined sesame oil should be chosen for its rich sesame flavor when you stir-fry, or drizzle it on salads for a uniquely delicious dressing. Then, Spectrum® high heat refined safflower oil provides monounsaturated fats, is light and neutral tasting, and perfect for high-heat searing and frying. Finally, Spectrum® refined canola oil's versatile, neutral-flavored oil can be used for everything from stir-fries to baking to salads and sauces.

# ng Oils for all your Recipes



## Coconut Smashed Sweet Potatoes

### INGREDIENTS

- 10 lbs. Yams
- 5 cups Coconut milk
- 1 cup Spectrum® Organic Virgin Coconut Oil
- 2 oz. Maple Syrup
- Salt to taste

### DIRECTIONS

Wash all of the yams and place them on a sheet tray. In an oven preheated to 400 degrees, cook the yams for 30 mins. Once the yams are cooked, remove the flesh from the skins. In a medium pot over medium heat, warm up the coconut milk. Place the sweet potatoes in a food processor and add some coconut milk to make smooth. Add Spectrum® Organic Virgin Coconut Oil and season with salt. Continue this process until all of the yams have been incorporated. When this process has been completed, add to a container to cool down and reserve for service.

Find recipe online: [www.spectrumorganics.com/recipes](http://www.spectrumorganics.com/recipes)



Organic  
Coconut Oil  
Refined  
14 FL OZ

**\$4.99**

Selected Varieties

SMOKE POINT  
up to 365°F High



Spectrum® organic refined coconut oil works best for sautéing or baking at a medium-high heat, or for adding a creamy texture to smoothies. Refined coconut oil is best for recipes where a coconut flavor is not wanted. It is also a great replacement for butter or vegetable oil in recipes. The unique combination of fatty acids in coconut oil may have positive effects on your health, such as boosting fat loss, heart health and brain function.







SMOKE POINT  
up to 450°F High



Organic Shortening **\$5.79**  
All Vegetable  
24 OZ

Spectrum® Organic Shortening is the alternative you want to traditional shortening. It has no hydrogenated fats with 0g trans fats per serving. Now you can enjoy crispy fries, flaky pie crusts, and rich, creamy frostings without the guilt.

Mayonnaise is the perfect rub for your roasted turkey and on your over leftover sandwiches.



Organic Mayonnaise  
Cage Free Eggs  
32 FL OZ  
**\$6.99**  
Selected Varieties



Canola Mayonnaise  
16 FL OZ  
**\$3.99**  
Selected Varieties

