

COLDPRESSED

# the Good Oil



50% LESS  
SATURATED FAT  
THAN OLIVE OIL

IDEAL FOR FRYING,  
ROASTING, DRESSING  
AND BAKING

GROWN  
AND PRESSED IN  
NEW ZEALAND

## THE GOOD COFFEE AND SPICE CAKE

- 1 cup brown sugar
- 2 eggs
- ¾ cup of THE GOOD OIL
- 2 tsp vanilla essence
- 2 cups flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 ½ tsp cinnamon
- 1 tsp ground cardamom (optional)
- ½ tsp salt
- 2 Tblsp instant coffee powder dissolved in 2 tsp of water
- 250g yoghurt
- ¼ cup lemon juice

With electric beater beat eggs and sugar until light fluffy and doubled in size (about 4 minutes). Then drizzle in the oil as you continue beating. Add vanilla and beat well. Add half of flour and half of yoghurt and coffee. Add the remainder. Stir in lemon juice.

Pour into lined tin and bake for about 30–40 minutes at 170C.

Ice with cinnamon and coffee icing, made with:  
175g softened butter  
1½ cups sifted icing sugar  
1 tsp instant coffee dissolved in a little bit of water  
½ tsp cinnamon  
Pinch salt