

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 RAPESEED AND RASPBERRY SPONGE CAKE

150 grams caster sugar  
3 eggs  
½ cup of THE GOOD OIL  
175g self-raising flour  
Zest of 1 lemon  
1 cup raspberries – fresh or frozen (do not thaw)

Beat sugar and eggs using an electric beater until light, fluffy and doubled in size (about 4 minutes).

Then drizzle in the oil as you continue beating.

Sift flour, add the zest to the flour and carefully fold into the egg mix.

Spread the mixture into a lined tin.

Sprinkle with the raspberries.

Cook at 180 C for 30 minutes.