

NuttelexTM

*Made with
Coconut Oil*



Palm Oil Free. Australian Made & Owned.

Nuttelex™

Made with Coconut Oil

Nuttelex with Coconut Oil is an all natural, preservative-free plant based spread enriched with the goodness of pure coconut oil.

Brilliant for cooking, baking, frying or simply topped on your favourite bread, Nuttelex with Coconut Oil is big on flavour (with absolutely nothing artificial) and importantly, is virtually free from trans fats.

Home Grown Goodness

Made right here in Australia with non-genetically modified plant oils, Nuttelex with Coconut Oil contains no palm oil or its derivatives and has 50% less salt than regular butter.

Best of all, Nuttelex with Coconut Oil can be used by everyone in the family from the health conscious to those with food intolerances because it is also:

- ✓ 100% Cholesterol free
- ✓ Dairy Free
- ✓ Milk & Lactose Free
- ✓ Gluten Free
- ✓ Nut-oil Free
- ✓ Soy Free
- ✓ Artificial Additive Free
- ✓ Suitable for vegans and vegetarians.

Spread The Love

We hope you enjoy this collection of recipes that show you the many ways you can add a little Nuttelex with Coconut Oil into your day.



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Organic Crispy Chicken with Watercress Slaw & Macadamia Sauce

Serves 2

Ingredients:

4 skinless organic chicken thighs (for a vegetarian version replace chicken with tempeh)

100ml organic full fat milk

100g organic self-raising flour

¼ teaspoon paprika

¼ teaspoon turmeric

¼ teaspoon cayenne pepper

Pinch salt

6-8 tablespoons Nuttelex with Coconut Oil for frying

Fresh lime to serve

Method:

1. Preheat oven to 175°C.
2. Place chicken in a large bowl and cover with milk and set aside for 10 minutes.
3. Meanwhile combine flour, paprika, turmeric, cayenne pepper and salt in another large mixing bowl.
4. Toss chicken through seasoned flour, rubbing the mix well into the flesh.
5. In a large heavy based saucepan or electric wok heat Nuttelex with Coconut Oil over a high heat.
6. Add chicken (a few pieces at a time) so as not to cool the melted Nuttelex with Coconut Oil.
7. Fry each piece until lightly golden. Drain briefly on paper towel and then transfer to a lined baking tray and bake a further 20-30 minutes depending on the size of the chicken pieces.
8. Divide cooked chicken on two serving plates, garnish with fresh lime and serve with slaw and macadamia sauce.

Cabbage and Watercress Slaw

Ingredients:

½ cup sunflower sprouts

½ cup shredded white cabbage

2 tablespoons apple cider vinegar

1 tablespoon macadamia oil

6 cherry tomatoes, quartered

½ cup small watercress sprigs, picked over

Salt and pepper

Method:

1. In a large bowl, toss sprouts, cabbage, oil and vinegar together.
2. Season slaw with salt and pepper.
3. Fold tomatoes and watercress gently into slaw.

Spiced Macadamia Sauce

Yields about 500 ml

¼ cup Nuttelex with Coconut Oil

½ cup macadamia nuts

½ teaspoon minced ginger

½ teaspoon minced garlic

1 small red chili, seeded

1 dessertspoon maple syrup

½ teaspoon ground cumin

½ teaspoon ground coriander

1 dessertspoon tamari

1 tablespoon apple cider vinegar

1 lime, juice only

Pinch cayenne pepper

Method:

Place all ingredients in a food processor and blend until smooth.



Seafood Gumbo

Serves 2 (gluten free)

Ingredients:

Seafood:

- 6 large green king prawns, 4 shelled and deveined, 2 whole
- 150 grams salmon fillet, skin off
- 4 scallops in shell if possible
- 6 clams or pipis, cleaned
- 6 mussels, cleaned, de-bearded

Gumbo base:

- 2 tablespoons Nuttelex with Coconut Oil
- ½ Spanish onion, peeled, finely chopped
- 4 cloves garlic, peeled, finely chopped
- ½ teaspoon ground coriander seeds
- 1 teaspoon thyme, chopped
- 1 long green chilli, seeded, de-ribbed, finely sliced
- 1 long red chilli, seeded, de-ribbed, finely sliced
- 1 green capsicum, seeded, de-ribbed, finely sliced
- 1 red capsicum, seeded, de-ribbed, finely sliced
- 6 okra, sliced on the diagonal lengthways

3 ripe tomatoes, roughly chopped

500 mls fish stock, water or dry white wine

Garnish:

- Fresh coriander roots, washed and dried
- 2 limes, halved

Method:

1. Set a heavy based pot on high heat, melt Nuttelex with Coconut Oil and add onion and garlic and saute until soft and opaque.
2. Add ground coriander, thyme, chilli, capsicum and okra, increase heat a little and cook a few minutes more.
3. Add stock, water or wine and tomatoes, bring to a simmer and gently cook at least 10 minutes until okra has thickened sauce slightly.
4. Add salmon, prawns shelled and whole, scallops mussels and clams/pipis, cover with a tight fitting lid and cook till shells open.
5. Cook another minute then season to taste.
6. Arrange carefully between two large bowls, distribute the whole prawns evenly.
7. Garnish with lime and fresh coriander sprigs.



Seafood Gumbo

Quinoa with Roast Vegies, Currants & Coconut

Serves 4 as a side (vegan & gluten free)

Ingredients:

- ¼ Jap pumpkin, skin off, seeds discarded, roughly chopped
- 1 large sweet potato, peeled, roughly chopped
- 8 chat potatoes, peeled, quartered
- 2 cloves garlic, peeled, roughly chopped
- 2 long red chillies, seeded, roughly chopped
- 4 sprigs fresh thyme
- 2 teaspoons dried sumac
- 2 dessertspoons Nuttelex with Coconut Oil
- 1 cup white quinoa
- 1 cup water
- ½ cup currants
- 1 tablespoon shredded coconut
- ½ cup fresh sunflower sprouts
- Salt and pepper

Method:

1. Preheat oven to 180°C.
2. Line a baking tray with paper.
3. Scatter chopped vegetables, garlic, chilli and thyme on baking tray.
4. Dust with sumac.
5. Add Nuttelex with Coconut Oil in dollops around the vegetables.
6. Place in oven and roast for 45-50 minutes or until all vegetables are tender. Toss once or twice while roasting.
7. Meanwhile, cook the quinoa. Place quinoa in a large saucepan and cover with water.
8. Bring to the boil, reduce heat and simmer gently until all the liquid has been absorbed. Cover with a tea towel to absorb excess moisture and set aside.
9. Remove cooked vegetables from the oven and transfer to a large mixing bowl.
10. Add cooked quinoa, currants, coconut and sunflower sprout and combine gently.
11. Transfer to a serving platter, season with salt and pepper and serve.



Quinoa with Roast Vegies, Currants & Coconut

Chickpea & Spinach Fettuccine with Parsley Pesto

Serves 2 (vegan)

Ingredients:

200 grams fresh spinach fettuccine

1 tablespoon Nuttelex with Coconut Oil

1 garlic clove, minced

1 can of chickpeas, thoroughly drained & rinsed

Pesto

2 garlic cloves, minced

¾ cup fresh parsley, coarsely chopped

¼ cup almonds, roughly chopped

1½ cups loosely packed baby spinach leaves

2 tablespoons lemon juice

1 lemon, zest only

1 tablespoon extra virgin olive oil

Sea salt and freshly ground black pepper to taste

Method:

1. Cook fresh pasta in plenty of boiling water for about 4-5 minutes. Drain well, refresh in cold water. Set aside in a pot to keep warm but do not allow the pasta to become gluggy.

2. Heat a heavy based skillet over a medium low flame.
3. Add Nuttelex with Coconut Oil and one clove of minced garlic and stir for about 30 seconds, until fragrant.
4. Add the chickpeas. Sauté for about ten minutes, stirring occasionally. Remove from heat. Add spinach and set aside to allow the spinach to wilt gently.

To Make the Pesto:

1. In a high speed food processor, combine the remaining two cloves of garlic with olive oil, lemon juice, parsley, almonds and a pinch of salt.
2. Pulse until a rough paste that resembles breadcrumbs is formed.

To Serve:

1. In a large mixing bowl, add warm pasta, sautéed chickpeas and wilted spinach.
2. Add the pesto, lemon zest and gently toss. Divide equally onto 2 serving plates.
3. Season to taste with salt and cracked black pepper and serve.



Chickpea & Spinach Fettuccine with Parsley Pesto

Crispy Tempeh with Honey, Lime & Ginger Dressing

Serves 2 (vegan & gluten free)

The Dressing:

1 clove garlic

¼ cup coriander leaves

¾ teaspoon minced fresh ginger

¼ cup lime juice

1/3 cup honey

2 splashes balsamic vinegar

½ cup virgin olive oil

1. Place garlic and ginger into a food processor and pulse until finely chopped.
2. Add lime juice, honey, balsamic vinegar, plus coriander leaves and do quick pulses to blend all together.
3. Turn food processor on, slowly adding olive oil until fully incorporated into the dressing.
4. Season to taste with salt.

The Tempeh:

300g packet organic chickpea or soybean tempeh

100g chickpea flour

¼ teaspoon paprika

¼ teaspoon turmeric

¼ teaspoon cayenne pepper

Pinch salt

4-6 tablespoons Nuttelex with Coconut Oil for frying

Fresh lime to serve

1. Cut tempeh into thick batons. Combine flour, paprika, turmeric, cayenne pepper and salt in a large mixing bowl. Toss tempeh through seasoned flour, rubbing the mix well into it.
2. In a large heavy based saucepan or electric wok heat Nuttelex with Coconut Oil over a high heat. Add tempeh a few pieces at a time so as not to cool the oil.
3. Fry each piece until lightly golden, about 10-12 minutes. Drain well on paper towels. Divide tempeh on two serving plates, garnish with fresh lime. Serve with green salad splashed with the honey, lime and ginger dressing.



Crispy Tempeh with Honey, Lime & Ginger Dressing

Cherry Tomato, Spinach & Leek Tartlets

Makes 12 tartlets

Ingredients:

500g plain flour
250g Nuttelex with Coconut Oil (cold)
2 eggs + 2 tablespoons cold water
Flour to dust tins
400ml eggs (cracked)
400ml milk
400ml thickened cream
100g Vintage or Tasty cheese freshly grated
150g Feta cheese
Cracked black pepper
2 leeks, sliced into strips
1 - 2 handfuls of loose fresh spinach
250g cherry tomatoes
100g sliced mushrooms
12 tart tins, 10 cm in diameter

Method:

1. Pre heat the oven to 180°C and grease the tart tins (with Nuttelex with Coconut Oil) and dust with flour.
2. Prepare the pastry by placing the flour, Nuttelex with Coconut Oil, eggs & water into an electric mixer. Mix using a dough hook on slow speed until the ingredients form a dough.

3. Turn out onto a floured bench and mould up into a round shape. Cover completely with cling wrap and place in the fridge.
4. Gently fry the leeks, mushroom and spinach in some Nuttelex with Coconut Oil until soft and translucent. Season with salt and ground black pepper.
5. Grate the cheese, then slice the tomatoes, and set aside.
6. Prepare the tartlet mix by placing the cracked eggs, milk and cream in a bowl and whisk thoroughly then set aside.
7. Lightly flour the bench take the pastry from the fridge and remove the cling wrap.
8. Roll out the dough, cut out circles 12 cm in diameter and use to line the tartlet tins, pressing in gently. Then leave to rest for 10 minutes. Trim any overhanging edges. Place tins in the oven to blind bake for 5-8 minutes.
9. Remove from the oven and evenly divide the grated cheese, leeks, mushrooms, spinach, and cherry tomatoes between the tartlet tins. Break up the feta and sprinkle over the top.
10. Pour in the egg mixture over each tartlet tin and follow with fresh ground black pepper over the top.
11. Place into the oven for approximately 30 minutes or until the tartlets are not liquid in the centre.

3 Cheese Kale Muffins

Makes 12 muffins

Ingredients:

Nuttelex with Coconut Oil, for the tins
100g steamed kale leaves
2 cloves garlic, crushed
1 teaspoon salt
½ teaspoon ground nutmeg
½ teaspoon ground black pepper
2 eggs
100g melted Nuttelex with Coconut Oil
250ml milk
250g flour
3 teaspoon baking powder
100g Feta, finely diced
100g hard cheese, finely diced
(e.g. Vintage Tasty or Gouda)
40g finely grated Parmesan cheese
Muffin tin

Method:

1. Heat the oven to 180°C. Grease muffin tin with Nuttelex with Coconut Oil.
2. Squeeze the water out of the kale and chop finely. Add the crushed garlic, salt, nutmeg and ground black pepper and mix together.
3. Whisk together the eggs, melted Nuttelex with Coconut Oil and milk and stir into the kale.
4. Sift flour, baking powder and salt together in electric mixing bowl.
5. Add flour mixture to the kale mix. Fold in well, then fold in the cheeses, ensuring that all the ingredients are moistened slightly.
6. Spoon the mixture into the muffin tin to almost the top. Bake for approx. 35-40 minutes or until they are firm and spring back when pressed.
7. Serve warm or cold, with Nuttelex with Coconut Oil and salad greens.

Cherry Tomato, Spinach & Leek Tartlets



Beef & Mushroom Pies



3 Cheese Kale Muffins

Beef & Mushroom Pies

Makes 4 pies

Ingredients:

300g flour
1 teaspoon salt
120g Nuttelex with Coconut Oil
3 egg yolks

For the Filling:

1 tablespoon Nuttelex with Coconut Oil
1 onion, finely diced
Ground black pepper
1 clove garlic, finely diced
200 g mushrooms
300 g minced beef
1 - 2 tablespoon breadcrumbs
Cayenne pepper
Zest of 1 lemon
1 - 2 teaspoon sherry
Nuttelex with Coconut Oil to grease the ramekins
4 ramekins

Method:

1. For the pastry, quickly work together the flour, salt, butter and 2 egg yolks with 1-2 tablespoon cold water to form a smooth pastry. Wrap in cling film and chill for around 30 minutes.
2. For the filling, heat the Nuttelex with Coconut Oil in a fry pan brown meat then set aside.
3. Brown the mushrooms, then set aside.
4. Fry the onion and garlic until translucent in the same pan. Remove from the heat and leave to cool.
5. In a bowl, mix the meat with the mushroom, onion and garlic. Add breadcrumbs until the mixture is able to hold its shape. Season to taste with salt, ground black pepper, cayenne pepper, lemon zest and sherry so that the mixture has a tang with a slight sweet kick.
6. Heat the oven to 180°C. Grease the ramekins with Nuttelex with Coconut Oil.
7. Knead the pastry briefly and roll out to a thickness of 3-4 mm. Cut out 4 circles to line the ramekins (each approx. 18 cm in diameter) and 4 circles for lids (the diameter of the ramekin). Line the pots with the large pastry circles so that the pastry protrudes slightly at the top. Add the filling and press evenly into the case.
8. Cut small holes in the lids and place these on top of the pies. Crimp the edges together. Brush with the remaining egg yolk and bake for approx. 35 minutes until golden. Take out of the oven, cool slightly and remove from the ramekins. Serve hot or cold with sauce or chutney.

Sticky Date Pudding with Coconut Toffee Sauce

Makes 8 individual puddings

Ingredients:

1 tablespoon Nuttelex with Coconut Oil, melted to grease moulds

1 cup dried medjool dates, pitted

1 cup water

½ teaspoon aluminium free bicarbonate soda

50 grams Nuttelex with Coconut Oil

1/2 cup firmly packed brown sugar

1 tablespoon golden syrup

1 teaspoon vanilla extract

2 eggs

1 cups self-raising flour

1 teaspoon ground cardamom

Shredded coconut, coconut yoghurt or coconut ice cream to serve

8 timbale moulds

Coconut Toffee Sauce:

½ can coconut cream

100 grams Nuttelex with Coconut Oil

¾ cup, firmly packed brown sugar

1 tablespoon golden syrup

Method:

1. Preheat oven to 170°C. Grease timbale moulds with melted Nuttelex with Coconut Oil.
2. Place dates and water in a saucepan over high heat. Bring to the boil.
3. Reduce heat to medium-low and simmer for 5 minutes or until the dates are soft.
4. Stir in the bicarbonate of soda. Set aside for 10 minutes to cool slightly.
5. In a food processor, cream Nuttelex with Coconut Oil and sugar until pale and creamy.
6. Add the golden syrup and vanilla and beat until smooth.
7. Add date and bicarb mix.

8. Then add the eggs one by one.
9. In a large mixing bowl, combine the flour and cardamom.
10. Slowly fold in the creamed Nuttelex with Coconut Oil, sugar, egg, date mixture into the dry flour mix until combined.
11. Spoon into the prepared timbale moulds and smooth over.
12. Transfer timbale moulds into a baking tray and pour cold water directly into the baking pan to form a water bath. The water should reach one third of the way up the timbale moulds.
13. Bake for 35-45 minutes, covering with foil if necessary to prevent over-browning, or until a skewer inserted into the centre comes out clean.
14. Set aside for 10 minutes to cool slightly.

To Make the Coconut Toffee Sauce:

1. Combine the coconut cream, Nuttelex with Coconut Oil, sugar and golden syrup in a saucepan over low heat
2. Cook, stirring, for 1-2 minutes or until sugar dissolves.
3. Bring to a gentle boil. Reduce heat to medium-low.
4. Simmer for 2-3 minutes or until the sauce thickens slightly.

To Serve:

1. Invert timbale moulds on to individual serving plates.
2. Gently tap the sides to release the puddings carefully. Run a small sharp knife around the rim if they resist.
4. Spoon over coconut toffee sauce and garnish with a few shreds of coconut and a dollop of coconut yoghurt or coconut ice cream.



Sticky Date Pudding with Coconut Toffee Sauce



Lemon Myrtle Shortbread



Lemon Myrtle Shortbread

Lemon Myrtle Shortbread

Makes 16 shortbreads

Ingredients:

2 cups plain flour

2 tablespoons rice flour

½ cup coconut sugar

¼ cup shredded coconut

¼ cup rice syrup

1½ teaspoons lemon myrtle oil – food grade

1 cup Nuttelex with Coconut Oil

Dried lemon myrtle to garnish – optional

Method:

1. Combine plain flour, rice flour, coconut sugar and shredded coconut into a large bowl. Mix well until blended.
2. Add SUNURST and lemon myrtle oil and knead the mix together with your hands into a smooth ball.
3. Roll the dough on a floured surface to about 1 cm thickness.
4. Using a fluted scone cutter, cut into rounds and place onto a baking tray lined with baking paper.
5. Bake at 160°C for 25- 30 minutes, then cool on a wire rack before serving.
6. Garnish with a scattering of dried lemon myrtle if desired.

Nuttelex with Coconut Oil Coconut Cake

Ingredients:

- 250g Nuttelex with Coconut Oil
- 1 cup caster sugar
- 2 teaspoon vanilla extract
- 1/3 cup shredded coconut
- 3 eggs
- 2½ cups self raising flour
- 2/3 cup milk
- Icing sugar to dust
- 1 springform tin, 20 cm in diameter

Method:

1. Preheat the oven to 180°C, grease and line the cake tin.
2. Place the Nuttelex with Coconut Oil, sugar and vanilla extract into an electric mixer and mix on a medium speed until well combined.
3. Add the eggs and mix on a slow speed until combined. Then add the flour, shredded coconut and the milk and mix on slow again to bring it all together. Scrape down the bowl and give a final mix on a medium speed for 1 minute.
4. Pour mixture into prepared tin and place in oven to bake for approximately 1 hour or until an inserted skewer comes out clean.
5. Once baked remove from the oven and allow to stand in tin for 10 minutes before turning out on to a rack to cool. Dust with icing sugar and garnish with fruit of choice.



Mince Pies:

Makes 12 pies

Ingredients:

For the Filling:

- 100g raisins, finely chopped
- 100g sultanas, finely chopped
- 100g currants, finely chopped
- 25g candied orange peel, finely chopped
- 25g candied lemon peel, finely chopped
- 1 tart apple, e.g. Granny Smith; peeled & finely diced
- 100g sugar
- Juice and zest of 1 lemon
- 50ml brandy
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- Pinch ground cloves
- Large pinch ground nutmeg
- Pinch ground cardamom
- Pinch ground coriander
- Pinch all-spice

For the Pastry:

250g Nuttelex with Coconut Oil

75g sugar

220 g flour

Icing sugar, for dusting

Method:

1. Mix together all the filling ingredients. Cover and leave to soak, ideally overnight.
2. For the pastry, beat the Nuttelex with Coconut Oil with the sugar until fluffy. Mix in the flour until you have a smooth pastry. Wrap in cling film and chill for approx. 1 hour.
3. Heat the oven to 200°C. Grease the muffin tins or mini tart tins with Nuttelex with Coconut Oil. Take small balls of pastry and press into the tin, cutting off any excess pastry.
4. Divide the filling between the cases.
5. Knead the leftover pastry again and roll out to a thickness of approx. 3 mm. Cut out stars and place these on top of the filling.
6. Bake the pies in the oven for approx. 25 minutes until golden. Take out of the oven and leave to cool in the tray. Serve dusted with icing sugar.

Orange & Chocolate Chip Cookies

Makes approximately 24 cookies

Ingredients:

- ½ cup Nuttelex with Coconut Oil
- ½ cup castor sugar
- 1 egg
- Grated rind of 1 orange
- ¾ cup plain flour
- ½ cup corn flour
- ¼ teaspoon baking powder
- 100g cooking chocolate

Method:

1. Beat Nuttelex with Coconut Oil and sugar together until well combined.
2. Mix in the orange rind and egg.
3. Sift flours and baking powder together and add to mixture.
4. Mix on a slow speed until properly combined.
5. Roughly chop the cooking chocolate and fold through the mix.
6. Line a tray with baking paper and begin spooning teaspoons of the mix on to the tray.
7. Pre heat the oven to 180°C and bake for approx. 10-12 minutes or until cookies are a golden brown colour.

Mince Pies



Orange & Chocolate Chip Cookies



Boiled Fruit and Nut Cake

Ingredients:

- 1 cup Nuttelex with Coconut Oil
- 1 cup sultanas
- 1 ½ cups castor sugar
- 1 cup raisins
- 1 cup chopped walnuts
- 1 ½ cups water
- 1 cup self raising flour
- 1 cup plain flour
- 2 teaspoons cinnamon
- 1 teaspoon each of mixed spice and nutmeg
- 2 teaspoons bi-carb soda
- 4 eggs beaten

Method:

1. Pre-heat oven to 170°C then grease and line a 20cm tin.
2. Place Nuttelex with Coconut Oil, sultanas, raisins, sugar, walnuts and water into a saucepan and bring to the boil, stirring continuously. Remove from the heat and allow to cool.
3. Sift flour, spices and bi-carb soda together and place into electric mixing bowl.
4. Add the beaten eggs and boiled fruit mix to the dry ingredients and mix on a slow speed until combined. Scrape down the bowl and mix on a slow to medium speed for 1 minute.
5. Pour the mixture into the prepared tin and place in the oven for approximately 1 hour or until an inserted skewer comes out clean.
6. Remove from the oven and allow to cool in the tin for 5 minutes before turning out on to a rack.

A family favourite in the McNally household – the founding family of Nuttelex.



Boiled Fruit and Nut Cake

Buying Back the Forests

5 cents from the sale of every tub of Nuttelex with Coconut Oil will be donated to the Orangutan Foundation International Australia's Legacy Forest program. This project aims to buy, protect and replant forest habitat in Borneo that is vital to the orangutans survival.

The Orangutan Legacy Forest is part of a larger OFI (Orangutan Foundation International) plan to purchase and protect a network of parcels of primary and secondary lowland forest located between the one-million-acre+ Tanjung Puting National Park, the 188,000-acre Lamandau Reserve, and the 1,000-acre Pasir Panjang Village Forest, home to OFI's Camp Rendell 'soft-release' facility.

OFI envisions a province-wide system of contiguous, biologically intact nature reserves, parks, corridors and protected areas, which together will help provide essential habitat to ensure the long-term conservation of endangered orangutans in the region.

For the 330 plus orangutans currently being cared for by OFI, the Orangutan Legacy Forest Project is 'the promised land'. With so little protected forest remaining (and with many national parks off limits to ex-captive animals), this initiative will offer a real and tangible future for animals ready to return to the wild.

For more information visit: orangutanfoundation.org.au and facebook.com/nuttelex



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