



Smoked Cayenne

Olive Oil Blend

Add a spicy kick to your dressing, dipping, and drizzle oil with smoked cayenne and extra virgin olive oil. Add the heart and blood healing benefits of extra virgin olive oil and cayenne pepper.

Cayenne Spiced Olive Oil

This spicy olive oil can be drizzled on your pizza, soup or veggies, used as a bread dip or used to spice up your homemade salad dressing. The recipe below makes a medium spicy blend. Consider adding more or less chili flakes for your personal preference.

What you'll need...

3 Tablespoons smoked cayenne pepper flakes

1 Tablespoon elephant garlic granules

1 teaspoon Real Salt

2 cups extra virgin olive oil

1. Combine the cayenne flakes, elephant garlic granules and salt into a pint jar.
2. Fill the jar with olive oil.
3. Cover with a lid and shake well.
4. Continue to shake this mixture every day or so for two weeks.
5. After two weeks give it a taste. If you would like it stronger you can add more chili flakes.
6. If it is too strong you can dilute it with a bit of olive oil.

When it is done to your liking transfer the oil and cayenne flakes to a corked bottle or a bottle that has an oil dispenser on it. The flakes naturally settle to the bottom of the jar and can be left in for decoration.