



As a result of the corona virus and social distancing Hilton Head Oils is going to offer curbside service until this situation changes. You can still come into the store and purchase your oils and balsamics as you have been doing for years. Alternatively, you can call the store and place your order. Then when you arrive in Wexford Shopping Center just call the store and we will come out and put your order in your car.

Another result of trying to deal with the current virus crisis, Hilton Head Oils has stopped putting food out for sampling. You can still sample all of our oils and balsamics but we prefer to pour the samples for you.

For our customers who live outside of the Hilton Head Island area we would encourage you to purchase at our online store at HiltonHeadOils.com. We are reducing our shipping prices to a flat fee of \$15 per order.

NEW RECIPE (submitted by one of my sisters)

**90 SECOND MICROWAVE LOW CARB
KETO BREAD WITH ONLY 4 INGREDIENTS**

I am keeping myself at home a lot lately as you may be too. I have found simple creative pleasure from making this single serving of healthy fresh bread. You can make this soft and delicious 90 second bread in one bowl with only 4 ingredients that you already have at home and be on your way to enjoying a low carb sandwich in no time!

From the basic recipe I have made my serving of FRESH daily bread unique by varying both the flavor of HILTON HEAD OILS infused EVOO and optional add-ins and toppings. The bread can be cut in half and pan toasted to make a warm cheese or tuna sandwich.

BASIC RECIPE: I prefer a paper disposable cereal sized bowl cause I found the bread is more airy. (I have used a glass or ceramic bowl or wide mouth coffee cup. I have not tried this in a styrofoam bowl.) Whip together all basic recipe ingredients in a cup or bowl. Stir in your optional add-ins. Microwave uncovered for 90 seconds!

**(1) 3 tablespoon Almond Flour (2) ½ teaspoon Baking Powder
(3) 1 ½ tablespoon EVOO ** (4) 1 egg**

**** EVOO VARIATIONS:** I have tried a dozen flavors of Hilton Head Oils and each one infuses the bread with that specific flavor.

Therefore, let the flavor be your guide to selecting complimentary ADD-IN or TOPPINGS.

OPTIONAL ADD-INS (so many more): health seeds blend (flax, chia, hemp); frozen wild blueberries (no sugar added); frozen raspberries (no sugar added); mini dark choc chips; grated cheese (parmesan, cheddar, pecorino); bacon.

OPTIONAL TOPPINGS AFTER COOKED: jams, jellies, cream cheese, peanut butter

SUGGESTED COMBINATIONS: lemon evoo/health seed blend/blueberries; rosemary evoo/a pinch of italian seasoning/a pinch of parmesan cheese; garlic evoo/bacon bits/drop of honey; butter evoo/rosemary seasoning/raspberries.
