



WORLD #1 SELLER



CAMPAIGN FINANCED WITH AID FROM THE EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS CAMPAIGNS THAT PROMOTE A HEALTHY LIFESTYLE.



# Olives from Spain, the European superfood to stay healthy this Spring

We offer three delicious recipes with table olives that will help you reset your body and awaken your vitality with the arrival of the good weather

The beginning of spring is a good time to include a nutritious, tasty and versatile ingredient such as olives in your diet. The change of season asks us to renew and olive is undoubtedly a perfect ally to get it and leave the winter behind.

The queen of the Mediterranean diet is a must when you have to adapt to the new climatic conditions that spring brings. It is an antioxidant ingredient, natural source of vitamin E, which stands out for its versatility and offers a world of possibilities in the kitchen through countless culinary formats (whole olives, sliced, pitted...) and varieties (Manzanilla, Queen, stuffed with Pimiento...).

Recently, Bloomberg, the prestigious economic outlet, has published a study that places Spain as the healthiest country in the world with a score of 92.8% in which much has to do with the olive, one of the pillars of the Mediterranean diet that you can enjoy without guilt when spring arrives as demonstrated by these "healthy recipes."

### Olives fresh salad

Light and healthy! So are the salads when you prepare them with products as natural as orange, tomato and, of course, European olives.

<https://haveanoliveday.eu/index.php/videorecipes/salads/101-olives-fresh-salad>

### Spanish Gazpacho with olives

Gazpacho combines the best of the Mediterranean cuisine in a single dish. What do you think if we finish it off it with a few olives? Learn how to prepare it with our recipe!

<https://haveanoliveday.eu/index.php/videorecipes/mediterranean-food/110-spanish-gazpacho-with-olives>

**PRESS RELEASE**



A TASTY MESSAGE FROM EUROPE  
**HAVE AN OLIVE DAY**  
WITH OLIVES FROM SPAIN

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### **Olives ceviche, prawns and mango**

Peruvian cuisine is still a trend and more if you combine it with products as Mediterranean as European olives. Fusion of flavors in every bite!

<https://www.haveanoliveday.eu/index.php/videorecipes/new-trends/106-olives-ceviche>

### **About INTERACEITUNA and Olives from Spain**

INTERACEITUNA is the Interprofessional Organization of Table Olive recognized by the Ministry of Agriculture, Fisheries, Food and Environment that represent the entire production, processing and commercialization of table olives. Created to implement different programs and activities of general interest, INTERACEITUNA promotes knowledge of Spanish table olives and carries out research and development activities related to production. INTERACEITUNA and the European Union have partnered to promote this product.

@HaveanOliveDay

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