Olives from Spain introduce recipes to satisfy the sweet tooth

Olives from Spain and the European Union offer some Christmas sweets from the Mediterranean.

December, with all celebrations and meetings, is one of the times of the year when everyone boosts sugar levels, whether that's from eating brownies, cookies, or muffins. Olives from Spain have decided that these baked goods are a delicious opportunity in which the Mediterranean touch can be incorporated and have created recipes to enjoy olives, even during desserts.

Olives and pine nuts brownie

http://www.haveanoliveday.eu/index.php/videorecipes/sweet-bites/111-olives-brownie

Black olives and dark chocolate are incorporated to put a new spin on everyone's favorite gooey cake.

Black olive chip muffins

http://www.haveanoliveday.eu/index.php/videorecipes/sweet-bites/66-black-olive-chip-muffins

The second recipe features olive oil as well as olives, a lighter alternative to butter.

Carrots, pumpkins and apples are just a few examples of foods that can be found in sweet or salty dishes. Now with these innovative recipes to try out over the festive period from Olives from Spain, olives can be included on the list.

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Ready to Share

Olives are one of the few fruits from a tree with the four basic flavors of sweet, salty, sour and bitter. They also come in a range of varieties, as queen, green, black or stuffed. When used in desserts, olives add this unique flavor and enrich them with the best of the Mediterranean diet.

Visit www.haveanoliveday.eu for more recipes to share... or not.

Have an Olive Day!

About INTERACEITUNA and Olives from Spain

INTERACEITUNA is the Inter-Professional Table Olive Organization recognized by the Spanish Ministry of Agriculture, Fisheries, Food and Environment that represents the entire producing sector, processing and marketing sector of table olives. Created to implement different general interest programs and activities, INTERACEITUNA promotes knowledge of the Spanish table olive and conducts research and development related to the product and production techniques. INTERACEITUNA and the European Union have partnered to promote this product.

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