

**Vegetable oil extraction : customary commercial quality : Vitaquell super quality / Vitaquell ; suppliers to Britain: Brewhurst Health Food Supplies.**

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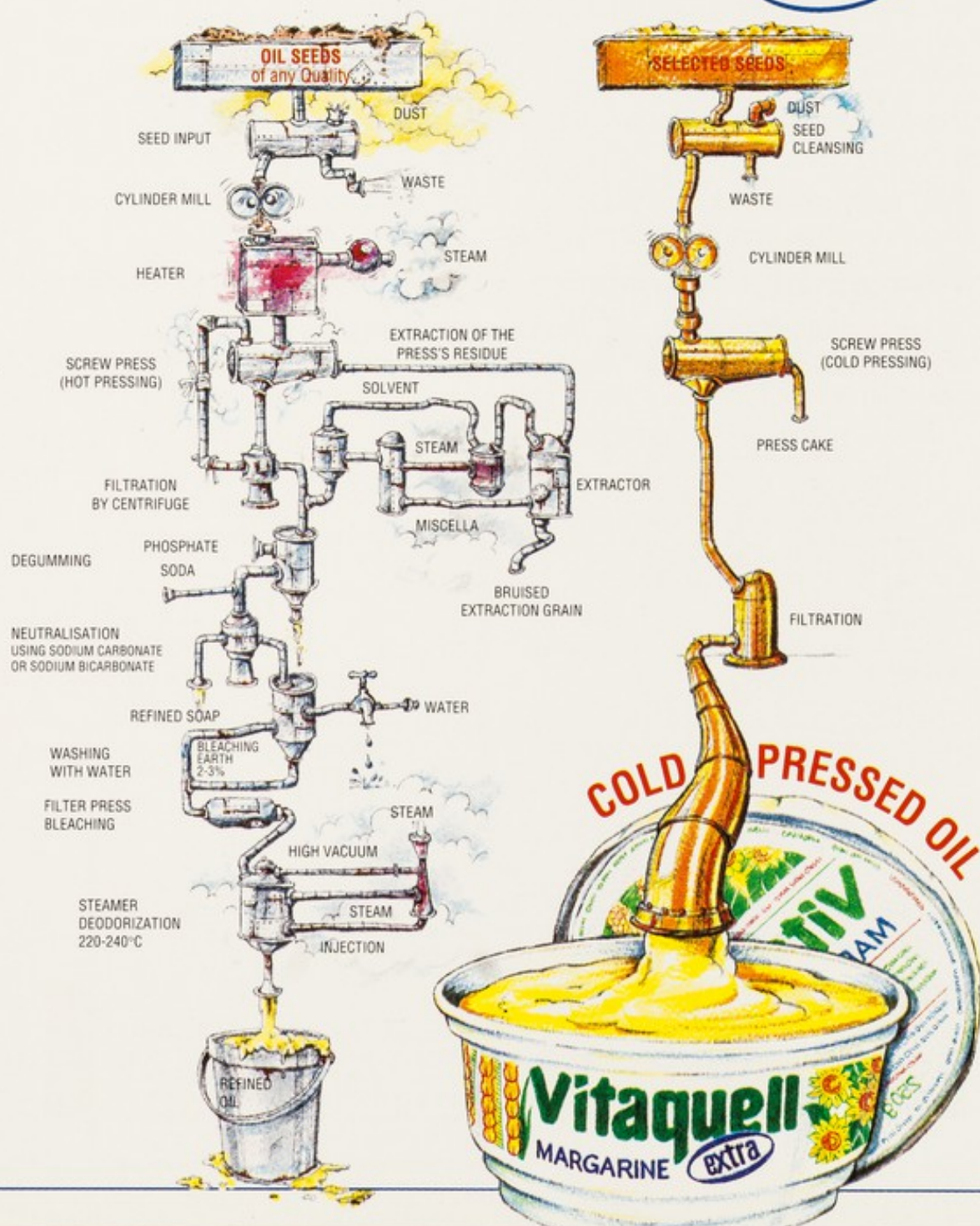


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# VEGETABLE OIL EXTRACTION

Customary  
Commercial Quality

**Vitaquell**  
SUPER Quality





# Vitaquell

The Margarine for Health

## MOST MARGARINES ARE NOT AS HEALTHY AS BUTTER!

Nutritionists have long suspected, and a large trial in the USA in 1992 has finally proved, that the hardened fats that comprise most margarines - even those that claim to be rich in polyunsaturated fats - nevertheless contain trans-fats. These are more damaging to your good health than the animal fats of butter.

Vitaquell was the first margarine to be sold in Britain made entirely with vegetable oils as they occur in nature.

Their healthful effects have not been ruined by the chemical and physical assaults on their integrity which we have made clear in the diagram overleaf.

**Vitaquell is probably the best margarine in the world and certainly your healthiest choice.**

Vitaquell is entirely free from animal or dairy ingredients. There are no artificial colours, flavours or other ingredients so whatever your ethical, religious or dietary need there is a Vitaquell product to suit you.

### RASPBERRY PANCAKES

#### Ingredients

100g (4oz) jumbo oats	vanilla essence
1/2 packet dried yeast*	50g (2oz) Vitaquell Extra margarine, in cubes
100 ml (4fl oz) water	250g (8oz) raspberries
2 tbs maple syrup	1-2 tbs maple syrup
1 egg	250g (8oz) fromage frais
sea salt	
cinnamon	

*\*Follow the instructions on the yeast packet carefully; they will determine in which order you mix the ingredients.*

#### Method

Blend together the oats, yeast, water and 1/2 tsp maple syrup. Add the egg and salt. Cover and leave for about 15 minutes. Just before cooking, add the remaining 1 1/2 tbs maple syrup, with cinnamon and vanilla essence to taste. Melt the Vitaquell in a large frying-pan and drop spoonfuls of the mixture into it. Fry till firm underneath then turn over and cook the other side. Have ready four plates. Purée the raspberries with 1-2 tbs maple syrup and pour some into the middle of each plate. Surround with fromage frais and, with the point of a skewer, draw a feather pattern from the raspberry purée into the fromage frais. Arrange three pancakes on each plate.

### VITAQUELL EXTRA

The high quality margarine with three added cold-pressed oils.

### VITASEIG

The finest margarine for baking and also perfect at the table.

Further information about Vitaquell margarines can be obtained from:

Fauser Vitaquellwerk KG, Postfach 54 06 29,  
2000 Hamburg 54, Germany

Vitaquell, PO Box 223A, Thames Ditton, Surrey KT7 0LY

Suppliers to Britain:

Brewhurst Health Food Supplies, Abbot Close,  
Oyster Lane, Byfleet, Surrey KT14 7JP

### CRUNCHY BEAN SPROUT TOAST

#### Ingredients

50g (2oz) Vitaquell Extra margarine	250g (8oz) bean sprouts
1 clove garlic	4 medium tomatoes
4 slices wholemeal bread	salt with herbs
125g (4oz) Emmenthal cheese	pepper
25g (1oz) mixed chopped herbs	thyme

#### Method

Cream the Vitaquell with the crushed garlic clove. Toast the bread lightly and spread with the margarine. Preheat the oven to 220°C, Gas Mark 7. Grate the cheese and mix with the herbs and bean sprouts. Lay the bread slices on a baking sheet, arrange the sliced tomatoes on them and season. Pile the herb, cheese and bean sprout mixture on top. Bake on the middle shelf of the oven for 5-7 minutes. Serve at once.