

Naturally
Healthy BCN



EAT WELL TO LIVE BETTER

Naturally Healthy Bcn is a **manufacturer of high-quality plant-based food products** that help improve our health in a natural way.

Our philosophy is based on adding value to people's quality of life by promoting **healthy eating without giving up the pleasure of good food.**

Naturally Healthy Bcn oils are made with premium seeds carefully selected to obtain **oils of high nutritional quality.** Its cold-pressed processing allows to preserve all the properties of the oil to **maximize its benefits and strengthen our body.**

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Argan oil

Oil obtained from cold-pressed roasted argan almonds, using traditional methods.

NUTRITIONAL PROPERTIES.

Argan oil is characterized by its excellent **nutritional properties** thanks to its rich content of vitamin E, carotenes and unsaturated fatty acids that contribute to the **proper functioning of the cardiovascular system**. Helps prevent obesity.

CULINARY USES.

Its exotic aroma and fruity flavor makes it highly recommended for **dressing salads, soups, meat and fish**.





Pumpkin oil

Oil obtained from cold-pressed roasted pumpkin seeds using traditional methods.

NUTRITIONAL PROPERTIES.

Pumpkin oil is rich in vitamin A and vitamin E **acting as an antioxidant**, as well as magnesium, zinc, and selenium.

CULINARY USES.

Aromatic and intense flavor, makes it highly recommended to dress **salads, potatoes, vegetables, rice and pasta.**





Almond oil

Oil obtained from the cold-pressed sweet almonds using traditional methods.

NUTRITIONAL PROPERTIES.

Rich in unsaturated fats, it contributes to **reducing cholesterol levels and the risk of diabetes**. It contains proteins, mineral salts, vitamins A, B, E that help **control glucose levels** and have **anti-inflammatory and antioxidant properties**.

CULINARY USES.

Ideal as a **salads dressing, vinaigrettes, fish and vegetables**. Recommended for baking as a substitute for butter.





Avocado oil

Oil obtained from cold-pressed avocado pulp using traditional methods.

NUTRITIONAL PROPERTIES.

Its rich content of oleic acid and monounsaturated fatty acids **protects the cardiovascular system**. It contains antioxidants, minerals, beta-carotene and vitamins B, E and K that **strengthen the body in a general way**.

CULINARY USES.

Its fruity and rich flavor makes it the **perfect dressing for vegetables, meat and fish**. It serves as a base for **sauc**es and condiments.





AVOCADO
oil



ARGAN
oil



ALMOND
oil



PUMPKIN
oil



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