

MAMA-TEE Pepper Pleaser

EXTRA VIRGIN OLIVE OIL

Peppery • Spicy • Flavorful

Bold. Spicy. Delightfully sharp. Pepper Pleaser is our go-toer vibrant, zesty flavor.

Infused with a medley of three peppers, this oil delivers a rich, peppery finish to meats, grilled veggies, and other dishes-perfect for those who love a bit of heat.





SPICY SARDINE WHIPPED DIP

Serves: 2-4 | Time: 10 minutes

INGREDIENTS

- 1 tin (3.5-4 oz) high-quality sardines in olive oil, drained
- 2 tbsp **Mama-Tee Pepper Pleaser Olive Oil**
- $\frac{1}{4}$ cup (2 oz) cream cheese or labneh
- 1 tbsp fresh lemon juice
- 1 small garlic clove
- 1 tsp Dijon mustard





- $\frac{1}{2}$ tsp smoked paprika
- $\frac{1}{4}$ tsp sea salt
- Freshly cracked black pepper
- Crusty bread or toasted baguette, for serving





DIRECTIONS:

1. Blend sardines, cream cheese, Dijon, garlic, lemon zest, lemon juice, and Pepper Pleaser Olive Oil until smooth and fluffy.
2. Season with smoked paprika, salt, and freshly cracked black pepper, then blend briefly again.
3. Spoon into a shallow bowl and create swirls with the back of a spoon.





4. Drizzle with additional Pepper Pleaser Olive Oil and finish with chili flakes, lemon zest, and chopped parsley.
5. Serve with toasted bread, crackers, or fresh vegetables.



PRO TIP

Rich in heart-healthy fats, olive oil is a simple way to support everyday wellness.