

## In This Issue

- [Editor's Note](#)
- [Health Tip: Improving Heart Health through Smart Activities!](#)
- [Did you Know?](#)
- [Recipe: Memony Khausa](#)
- [CanOlive on facebook](#)

**CANOLIVE**<sup>®</sup>  
Premium Cooking Oil  
**Be Smart!**

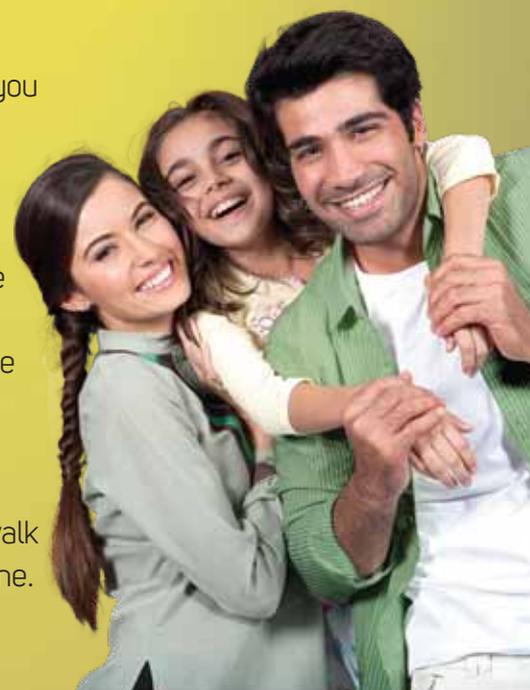


## Health Tip:

### Improving Heart Health through Smart Activities

For a Healthy Heart, daily exercise of 30 minutes can be very beneficial. While there is no substitute for proper and regular exercise, here are a few tips to help you make your busy lifestyle more active and healthier.

- Take the stairs instead of an elevator or escalator at school or the mall. Just start with one flight. Soon, you'll be ready for two.
- Park your car at the far end of the parking lot. The short walk to and from the store or school helps your heart. .
- If you can, spend a few minutes of your lunch break taking a stroll around the campus/office grounds. It should help you stay awake after lunch.
- Mowing the lawn, pulling weeds, and raking leaves are chores that can be done yourself as a chance to exercise.
- If you have a dog, think of the dog as an exercise machine with fur. A brisk walk with the dog is good for both of your hearts. Make it a part of your daily routine.
- If you have a family, schedule an after-dinner walk. Make it quality time.



CANOLIVE<sup>®</sup>

# SMART

News

March, 2013

Issue 03

### *Olive to the Max!*

Welcome to the March issue of CanOlive Newsletter, your source for all the news related to your favorite cooking oil, health tips, recipes and much more!

## Editor's Note

First of all a big thank you to the overwhelming response to our facebook page; more than 40,000 fans and growing every day! In this issue we bring you a prize winning recipe from our fan Huma Memon Maskatiya called "Memony Khausay," and some easy tips to improve your heart health.

Wising all of you a safe and happy upcoming spring season, until next time, stay fit, stay smart and keep using CanOlive Cooking Oil.

# Did You Know?

## CanOlive, Good for Heart Health

Did you know that CanOlive is fortified with the most powerful anti-oxidant from olives, Hydroxytyrosol or HT. CanOlive has the same concentration of HT as found in leading pure olive oil brands available in Pakistan. HT is believed to play an important role in the positive association between heart health and olive oil.

Research has shown that HT plays an important role in the cardio-protective properties of olive oil, as it is believed to improve the blood lipid profile, reduce risk of thrombosis, reduce harmful effects of lipid oxidation, reduce atherosclerosis development and is anti-inflammatory. That is why, we say, Choose CanOlive & Be Smart!



## Recipe:

### Memony Khausa

#### Ingredients:

Minced Meat, half K.G. (finely chopped with hand)  
oil half cup  
Onion chopped (3 big size)  
Garlic, Ginger Paste 2 tablespoon  
salt to taste  
Red chilli powder 2 tablespoon  
Turmeric powder 1 teaspoon  
cumin 1 tablespoon

#### Curry/Gravy:

#### Ingredients:

Gram flour – 125 grams  
Yoghurt 125-250 grams

garlic-ginger paste 1 tablespoon  
salt to taste  
Red chilli powder 1 tablespoon  
turmeric powder 1 teaspoon  
coconut milk 1 1/2 cup  
spaghettis:  
Boiled spaghettis (2 packs)

#### garnishing:

#### Ingredients:

green onion chopped 125 grams  
mint leaves 1 bunch  
lemon 2  
slims chips (2 to 3 packs)  
fried mandapati strips to taste

#### Method of making Qeema:

Add all ingredients in the minced meat; fry it well till it gets cooked. Keep frying till gravy is formed and appear at the surface.

#### Method of making gravy:

Add gram flour, ginger, garlic, salt, red chilli powder, turmeric powder or coconut milk in yoghurt; beat them well and give it a boil 3 to 4 times on stove to cook it.

#### Final Preparation:

Take a serving dish, add a layer of spaghetti, then a layer of cooked minced meat, then a layer of gravy/curry and finally garnish with lemon, chopped green onions, mint leaves, slims chips or crispy fried mandapati strips. Tasty Memony Khausa is ready to eat.

Serving 6 peoples

Submitted by

Ms. Huma Memon Maskatiya

info@punjaboilmills.com  
sales@punjaboilmills.com  
Ph: +9251-4490017 (20)

To unsubscribe send a blank e-mail with the subject "STOP" to newsletter@punjaboilmills.com

#### Disclaimer

This is a free service provided for our clients, and while reasonable care is taken to ensure the reliability of the information, news, opinions, advice and analysis contained therein, we do not accept any responsibility for the same, and no liability will be taken for any decisions taken by the reader based on the contents of this newsletter. Clients are advised to undertake their own due diligence and research, including seeking professional advice, before taking any important decision linked to the contents of this newsletter.

*Olive to the max!*

## Contact Us

## CanOlive on facebook

Have you joined our FB page? If not, join now to get useful information and tips and enter into contests to win from hundreds of prizes.



www.canolive.com.pk/Join us on  facebook.com/OliveYourLife