



## NATURAL BUTTER FROM OLIVE OIL

Code C5

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**Introduction and Objectives:** Finding a natural butter (olive oil) that does not contain any substance harmful to public health

**Methodology (Material - Method of Action):** Natural butter from olive oil without hydrogenation or any chemical additives.

Olive oil is one of the best vegetable oils ever, and olive oil is distinguished from other animal and vegetable fats in that it is easy to digest, as the rest of the oils and fats need several digestive processes before the body can absorb them, because the fats it contains are similar to the fats found in breast milk, i.e. It is easy to absorb, and this is what makes it a useful food for children and the elderly, as it contains a large amount of the necessary vitamin D. It also contains important substances that contribute to strengthening the nerves, and contains antioxidants, which are of great benefits, as they contribute to the destruction of harmful particles. Accumulated in the body, which helps maintain their health.

Olive oil contains oleic and palmitic acid along with antioxidants such as flavonoids, vitamin E and carotene, which are compounds that regulate blood sugar levels. Olive oil also slows digestion in the stomach, helping to slow the increase in sugar.

Olive oil butter is 100% natural butter that does not contain any hydrogenated oils or any chemical substance or any additives that are similar to regular butter available in the local markets. It leads to a closer bonding between atoms, and it is also possible to control the butter's fluidity (temperature or (fluidity) melting - between 25-32 degrees Celsius) between summer and winter, making it the first natural butter that does not need refrigeration during transportation or Storage is subject to return to normal.

### Results and discussion :

Natural butter was obtained from olive oil with temperature control and melting between summer and winter with an accuracy ranging  $\pm 2$  degrees Celsius and does not need any refrigeration or storage process and can be spread or directly or even for cooking.

**As for the results:** it is to obtain a new physical method for obtaining any type of natural butter without resorting to traditional methods with the difference in time, transportation, storage, speed in manufacturing, public health and shelf life of the product, as it can be added to all kinds of honey, candies, dates, natural sweeteners and salt.... ..... which makes it acquire any substance added to it naturally without any preservatives.

**Conclusion:** Natural butter without fat or cholesterol, healthy and does not need refrigeration for all ages.

**Keywords:** therapeutic nutrition - public health - food security.

Conférences



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