



GirOrganic's Wood Pressed Groundnut Oil – A Nutritious Switch for Modern Kitchens



In today's health-conscious world, making the right choices in your kitchen can have a lasting impact on your family's well-being. One such powerful change is switching to [wood pressed groundnut oil](https://girorganic.com/), a wholesome alternative that combines purity, tradition, and nutrition. At GirOrganic, we believe that nature provides the best solutions for a healthy life, and our range of organic groundnut oil is a testimony to that.

Whether you're sautéing vegetables, preparing tadka for dal, or deep frying festive snacks, the oil you choose matters. If you're searching for a natural, chemical-free, and nutrient-rich cooking oil, GirOrganic's wood pressed groundnut oil is your answer.

What is Wood Pressed Groundnut Oil?

Wood pressed groundnut oil painting oil, also known as cold pressed groundnut oil painting oil or kachi ghani oil painting oil, is pulled using a traditional rustic press (or ghani). This age-old method uses minimal heat and retains the oil's natural nutrients, antioxidants, and aroma. The cold pressing technique ensures that the vital vitamins, such as E and healthy fatty acids, remain intact — something that's often lost in refined oils.

Unlike conventional oils that are heavily processed and treated with chemicals, groundnut cold pressed oil is pure, unrefined, and chemical-free. This makes it not only a healthy cooking medium but also a safer one for your family.

Why Choose GirOrganic's Groundnut Oil?

GirOrganic brings you the best cold pressed groundnut oil by using only premium quality, organically grown peanuts sourced directly from certified farms. Our oil is extracted in small batches to ensure freshness and undergoes stringent quality checks. Here's what makes our oil stand out:

- **100% Pure and Organic:** Our organic cold pressed groundnut oil is free from preservatives, chemicals, and artificial colors.
- **Traditional Extraction:** We use wooden ghanis to retain all the natural goodness of the peanuts.
- **Nutrient-Rich:** Rich in monounsaturated fats, antioxidants, and Vitamin E, it promotes heart health and boosts immunity.
- **Aromatic Flavor:** Our oil adds a delightful aroma and authentic taste to every dish.

When you compare the cold pressed groundnut oil price with the health benefits and quality we provide, you'll realize the value you're getting for your investment.

Health Benefits of Cold Pressed Groundnut Oil

Using cold pressed groundnut oil regularly in cooking can significantly enhance your family's health. Here are some reasons why this oil should be a part of every modern kitchen:

1. Heart-Healthy Fats

GirOrganic's cold pressed groundnut oil is loaded with monounsaturated fats, which help lower bad cholesterol(LDL) and increase good cholesterol(HDL).This makes it a heart-friendly choice for your meals.

2. Rich in Antioxidants

Vitamin E present in organic cold pressed groundnut oil acts as an important antioxidant. It protects the body from free radicals and delays signs of ageing.

3. Aids Digestion

Because it's unrefined and free from additives, kachi ghani groundnut oil is gentle on the stomach and aids digestion.

4. Helps in Weight Management

The healthy fats in peanut oil keep you full longer and reduce unhealthy cravings, supporting weight loss and better metabolism.

Versatility in the Kitchen

Whether you're a home cook or a professional chef, the versatility of groundnut oil makes it an excellent choice for various cooking styles:

- **Deep Frying:** Thanks to its high smoke point, cold pressed groundnut oil is ideal for frying without breaking down or turning toxic.
- **Stir-Frying:** Retains the flavor of spices and vegetables while adding its own nutty touch.
- **Baking:** A healthier alternative to butter or margarine.
- **Tadkas and Curry Bases:** Its aroma enhances the traditional flavor of Indian dishes

Cold Pressed vs Refined Oils

Refined oils undergo heavy processing, bleaching, and deodorizing, which strip them of natural nutrients and introduce harmful residues. In contrast, groundnut cold pressed oil retains its natural flavor, color, and nutrients.

If you're concerned about the peanut oil price, keep in mind that cheaper refined options may come at the cost of long-term health. Investing in organic groundnut oil painting from GirOrganic is an investment in your family's heartiness.

Understanding the Groundnut Oil Price

We often get asked, “What is the right groundnut oil price?” The answer depends on quality, birth system, and source. While refined oils may seem cheaper, they lack the benefits that cold pressed oils offer. At GirOrganic, we ensure competitive pricing that reflects our premium quality and ethical sourcing.

Similarly, if you're comparing the peanut oil price across brands, always check the extraction method and ingredients. Our customers choose us not just for our purity but for the trust we've built over the years.

Why GirOrganic Stands Out

Certified Organic Farms

Sustainable and Eco-Friendly Practices

No Additives or Preservatives

Farm-to-Kitchen Transparency

Excellent Customer Support

Conclusion

The modern kitchen is incomplete without modern choices backed by traditional wisdom. [GirOrganic](https://girorganic.com/) wood pressed groundnut oil is not just oil it's a health booster, a flavor enhancer, and a step toward clean, conscious eating. Whether you call it cold pressed groundnut oil painting, kachi ghani groundnut oil painting, or simply peanut oil painting, make sure it's GirOrganic.

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