

# Healthy Baked Treats Using Olive Oil

*Christine Dutton, P.H.R., Wellness Manager, Mediterranean Living*

Home cooks are often surprised about the many culinary uses of olive oil. For example, many people don't realize that you can healthfully use olive oil at pretty high temperatures, as long as you don't burn the oil or make it smoke. Olive oil can be used for frying, poaching and even baking. There are many traditional recipes that incorporate olive oil and other healthy ingredients into sweet treats. We think you'll enjoy this great article from [Guardian.com](http://Guardian.com) about how to bake with olive oil. [Find the article here.](#)

To get you started, here are a few of our favorite olive oil treats from celebrated Mediterranean cookbook authors.

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Nancy Harmon Jenkins is a well-known Mediterranean author who wrote The Mediterranean Diet Cookbook. Recently, she wrote another popular book of note-Virgin Territory: Exploring The World of Olive Oil. This book digs deep into the culinary heritage and history of making and using olive oil. She has a few fabulous dessert recipes using olive oil. One of our favorites is her [Orange Tea Cake recipe](#). If you use blood oranges, your cake will be stunning. This recipe is simple, so it is great for anyone who doesn't have a lot of baking experience. This cake goes very well with a cup of tea to top off your meal.

Perhaps you have one thing on your mind, and that is chocolate. Over at The Spiced Life blog, you can find a delicious Dark Chocolate Olive Oil Cake recipe by Laura Basher and Mary Platis (California Greek Girl). Together, they are known as “The Two Extra Virgins.” This delicious and fool-proof recipe, along with many others, can also be found in their book, “Cooking Techniques and Recipes with Olive Oil.” Greek yogurt adds extra nutrition to this recipe. With three healthy Mediterranean ingredients, you can consider this recipe “guilt free.” [Stop by The Spiced Life and check it out.](#)

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David Leite is a Mediterranean author of Portuguese Heritage. You might enjoy his Leite’s Culinaría website, which is chock full of Mediterranean creations (<http://leitesculinaria.com>). For now, please try this unique and savory Sweet Lemon and Black Olive Wafers recipe, [found at Serious Eats](#). It’s guaranteed to impress the guests.

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Diane Kochilas knows her way around Greek food traditions. She is a teacher, cookbook author and all-around Greek foods expert. From appetizers to mains to desserts, all of her recipes are a testament to the delicious, easy and nutritious foods of Greece. Try her tantalizing Lemon Cake with Greek Yogurt and Olive Oil. You’ll love the slight tartness from using lemon zest in this recipe. You can make it in a cake pan, but as a Bundt with a dusting of confectionary sugar, this recipe will be a show stopper. [Visit her website for yet another healthy sweet treat.](#)

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Go “old school” with Aglaia Kremezi’s recipe for Old World Christmas Cookies. This is a traditional Greek recipe, but is in line with the American tradition of gingerbread cookies. Delicious. Dip them in milk! [Stop by The Atlantic for the full recipe.](#)

We wish you and yours a great holiday season and hope you enjoy experimenting with some of these recipes using healthy extra virgin olive oil!