



PROCESSING OF AVOCADO OIL



I. Introduction

In Kenya, there has been a gradual increase in the establishment of micro, small, and medium-sized food processing enterprises. These enterprises focus on producing a variety of nutritious food products as a means to mitigate post-harvest losses and food wastage, prolong the shelf life of food items, enhance food security, and make significant contributions to both national employment and gross domestic product (GDP).

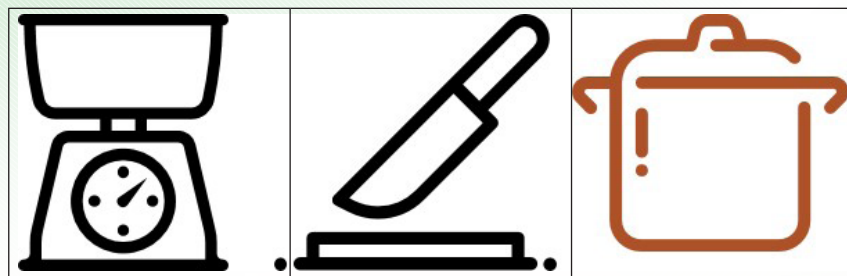
Avocado oil stands out among edible oils as it is extracted from the fruit's flesh. The extraction process involves mashing the pulp surrounding the avocado pit into a puree-like substance, followed by centrifugation to separate the oil from water content. Maintaining a low temperature, ideally below 50°C during cold pressing is crucial to preserving the beneficial properties of the avocado fruit in the resulting oil.

II. Health Benefits of Avocado Oil

- It is rich in oleic acid which is good for the heart
- It is rich in unsaturated fatty acids which are good for our health.
- It is high in lutein which is good for the eye
- It helps in absorption of fat soluble vitamins (ADEK)
- It is a good source of Vitamin A and E which is good for the skin and promotes wound healing



III. Requirements for Processing of Quality Avocado Oil



Avocado processing equipment

i. Equipments

Weighing scale, knives, basins, washing troughs, centrifuge, cold press machine and packaging bottles.

ii. Ingredients

- ❖ Ripe avocados



Ripe Avocados

Source: James Ndambuki, KALRO

IV. Procedure

- Harvest ripe fruit free from pests and diseases (unripe mature fruits are left to ripen before been processed into pulp)
- Weigh the harvested fruit and record
- Wash the fruit to remove surface dirt
- Perform pitting (De-stone) – remove the seed after cutting open the flesh.
- Collect the fruit in a container and mash into paste.
- Heat the pulp for 40 to 60 minutes at 45°C for the first 20 minutes and increase to 50°C for the remaining time. Temperatures higher than 50°C will result in melting of the oil.
- Centrifuge the pulp to separate oil from water content and decant. (Oil recovery for Hass variety is approximately 30% of its total weight)
- Package the oil
- Cool and store in a cool dry place





Packaged Avocado Oil by Olivado

Source: www.olivado.com

Uses of Avocado Oil

- Used for cooking, baking, frying
- Used as/in cosmetics and hair oil
- Drizzling in vegetable before roasting
- Used in smoothies

V. Basic Hygiene During Processing

- Processing premises: spacious to accommodate all required facilities**
 - Necessary facilities**
 - Sanitation area - toilets/latrines, changing rooms, hand washing areas and lunch areas

- Proper flooring
- Cleaning stations
- A floor drainage system
- Working benches
- Cold room(s)

b) Working rooms should have:

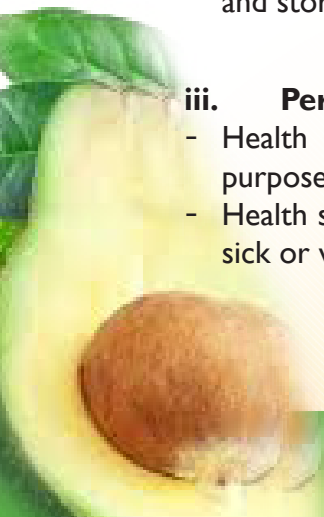
- Room to accommodate all processing activities
- Easy to clean floors
- Walls painted white for easy detection of insects, dirt and any abnormalities
- Adequate lighting
- Temporary storage – stacked crates for raw materials, pallets for raw material and finished products and airtight containers for the oil
- Good ventilation to allow moderate temperature
- Windows with insect proof screens

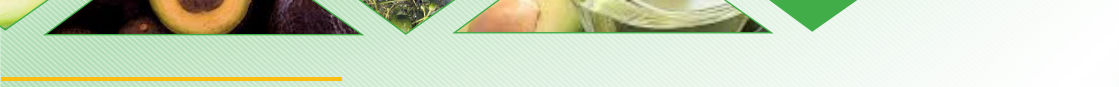
ii. Equipments


- All equipment should be properly cleaned before and after use
- Hot water should be used for sterilizing the equipments
- Wooden equipment should be scrubbed
- All utensils should be kept dry by wiping with clean cloth and stored in dust free places

iii. Personal hygiene

- Health certificates should be acquired (commercial purposes)
- Health status (processing should not be done when one is sick or with open wounds)



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- Personal cleanliness – maintaining personal cleanliness including body and clothes and washing hands before engaging in the process.



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