Early to Rise Customer Support

Why is there canola oil in one of Chefs recipes? Canola oil is unhealthy!

Honey - 2020-02-06 - Chef Gui Eat More Burn More

Thanks for your feedback. That's why they call Craig \"the Kitchen Clutz\". He doesn\'t know his way around the kitchen!

We appreciate you catching this and Chef Gui recommends swapping out canola oil and using 2/3 tbsp melted butter, preferably grass-fed.

Also, that was the only recipe in the entire book where canola was mentioned, so thanks again for catching that. It has been changed in all the printed versions.