



## Groundnut Oil: Nature's Golden Elixir for Health and Cooking

Groundnut oil, also known as peanut oil or arachis oil, is one of the most commonly used vegetable oils across the world, especially in Asian and African cuisines. Extracted from the seeds of the groundnut plant (*Arachis hypogaea*), this golden-hued oil is treasured not only for its mild, nutty flavor but also for its health benefits and versatile culinary uses. Over the years, groundnut oil has earned its place in both traditional kitchens and modern households, balancing nutrition, taste, and utility.

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