# How to extract groundnut oil from the seed

Groundnuts is a highly nutritious leguminous crop , however during peak harvest a large quality is lost hence farmers have discovered different value addition measures to reduce on the crop loss.

The groundnut oil can easily be extracted manually with materials like saucepan, stone, spoon, sieve cloth, heat source, tray. Additionally, after extracting the oil, use the residue to make groundnut snacks by frying it into the extracted oil.

## Extraction process

Start by placing a saucepan on fire, measure and roast groundnuts for 10 minutes while stirring to avoid burning of seeds.

After remove groundnuts from fire, allow cooling and remove the red coating by either light pounding or with hands.

Furthermore, grind the groundnuts into paste and pour paste in saucepan while on fire.

Then properly continue with stirring the paste to allow water to mix and to avoid paste from burning until oil starts to form.

Additionally, remove the saucepan from fire and allow it to cool then put the paste into a cloth sieve and press with a heavy stone to easily allow oil to come out.

Also keep collecting the oil until it gets finished from the paste.

Lastly, allow the oil to settle for a while in order for the

groundnuts sediments to settle so that the oil forms the natural.