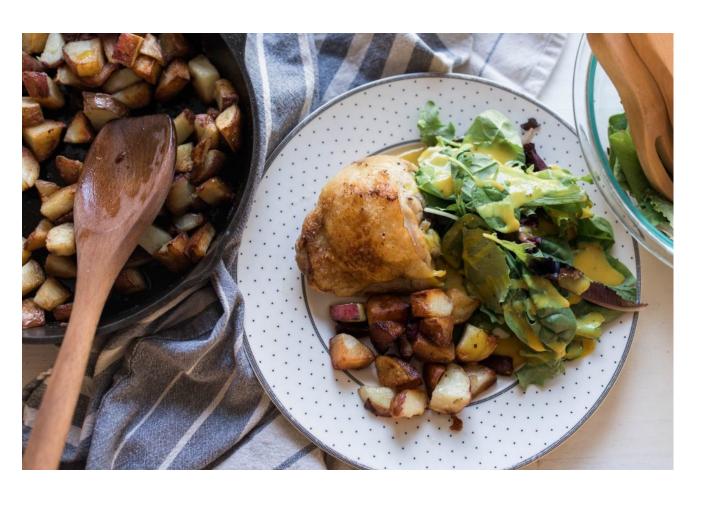
COOKING WITH ESSENTIAL OILS

FAVORITE RECIPES













ALL YOU NEED TO KNOW ABOUT OILS IN THE KITCHEN

5 TIPS FOR COOKING WITH ESSENTIAL OILS

- 1. One tablespoon of dried spice equal to 1 drop of essential oil.
- If you need less than a drop put a toothpick into the essential oil and then swirl around in your dish.
 It is best to add the essential oil right before serving because heat breaks down the essential oil.
- 4. Only cook in glass or stainless steel, essential oils can break down plastic.
- 5.When essential oils are kept in a cool dark place they will last longer.

COOKING WITH ESSENTIAL OILS

Salad Dressings: Lemon, coriander,

rosemary

Meats: Rosemary, thyme, oregano, black

pepper

Desserts: Lemon, peppermint, wild orange

Herbel Teas: Lavender, roman chamomile,

cardamon, lemon, melissa, peppermint

Refreshing drinks: Lemon, lime, grapefruit,

bergamot, peppermint

Flavored Honey: Cinnamon, clove,

lavender, chamomile

Everything Italian: Oregano, marjoram,

thyme, basil

Asian flavor: Lemongrass, coriander, ginger

Mexican: Cilantro and lime.

LEMON BERRY SMOOTHIE



INGREDIENTS

- 1 cup plain yogurt
- 3/4 cup frozen mixed berries
- 2 drops of lemon essential oil

- 1.Add all the ingredients to a blender.
- 2. Blend on high until all ingredients are well combined and smooth.
- 3. Serve immediately.



PALEO BREAD PUMPIN



INGREDIENTS

1/2 cup coconut flour

Pinch of salt

1 tablespoon pumpkin pie spice

1/2 teaspoon baking soda

1/4 teaspoon baking powder

2 cups pumpkin puree

1 drop cinnamon

4 eggs

3 tablespoon honey

1 tablespoon coconut oil

1/2 teaspoon vanilla extract



- 1.Mix coconut flour, salt, pumpkin pie spice, baking soda, and baking powder in a medium size mixing bowl.
- 2.In a separate bowl whisk together pumpkin puree, cinnamon essential oil, eggs, honey, coconut oil, and vanilla.
- 3. Combine the wet ingredients and dry ingredients. Mix until well combined.
- 4. Grease a bread pan with coconut oil and pour the batter into the pan.
- 5.Bake in a 375 degree preheated oven for about 45 minutes or until done.

LEMON ROSEMARY

CHICKEN

INGREDIENTS

- 4 pounds chicken thighs
- 1 drop rosemary essential oil
- 2 drops lemon essential oil
- 1/4 cup butter
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- Freshly ground black pepper

- 1. Preheat the oven to 400 degrees.
- 2.Preheat a large cast iron skillet on the stovetop over medium to high heat.
- 3. Add the butter and essential oils to the cast iron skillet.
- 4.Once the butter is hot enough to produce a sizzle when the chicken hits it, add the chicken thighs. Cook them on one side until browned, and then flip.
- 5. Sprinkle the chicken with garlic powder, black pepper and salt.
- 6.Transfer the skillet to the preheated oven and bake for one hour.

LEMONHONEY MUSTARD



INGREDIENTS

- 1/4 cup mustard
- 1/4 cup honey
- 1/4 cup avocado mayonnaise
- 2-3 drops lemon essential oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder

- 1. Put all ingredients in a small bowl.
- 2. Mix until well combined.
- 3.Use immediately or store in a air tight container in the refrigerator up to 5 days.



TANGERINE PEACH CRISP



FILLING

2 T butter

4 cups sliced peaches

1 drop cinnamon

2 drops tangerine

2 Thoney

1 T arrowroot powder

TOPPING

4 cups oatmeal

1/2 honey

1/2 coconut oil

1/2 chopped pecans

1 drop cinnamon

dash of salt

- 1.Preheat cast iron skillet over medium heat and then add butter. Once butter is melted add peaches.
- 2.Add cinnamon and tangerine essential oil, honey, and arrowroot powder.
- 3. Stir well and simmer on stove until hot and bubbly.
- 4. While the peach mixture is simmering add oatmeal, honey, coconut oil, pecans, cinnamon essential oil, and salt to large mixing bowl and stir until well incorporated.
- 5. Pour the topping over the peach mixture and spread it out evenly.
- 6. Bake at 300 degrees for 20-25 minutes or until topping is golden brown.

COCONUT LAVENDER POPSICLES



INGREDIENTS

- 1 cup coconut milk
- 2/3 cups frozen blueberries
- 1 tablespoon honey
- 1-3 drops lavender essential oil

- 1. Add all ingredients to a blender and blend until smooth.
- 2. Pour mixture into popsicle molds and freeze.



I hope you enjoy some of these recipes!

Thank you for reading!

Check out more essential oil recipes: https://www.pinterest.com/doTERRA/e ssential-recipes/