

# 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.**
- 2. If you need less than a drop put a toothpick into the essential oil and then swirl around in your dish.**
- 3. 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

## INSTRUCTIONS

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 PUMPKIN



## 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



## INSTRUCTIONS

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

## INSTRUCTIONS

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.



# LEMON HONEY 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

## INSTRUCTIONS

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 T honey
- 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

## INSTRUCTIONS

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

## INSTRUCTIONS

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!**

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<https://www.pinterest.com/doTERRA/essential-recipes/>**