

dōTERRA® eBOOK

Cooking with Essential Oils



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CHAPTER Why cook with essential oils?

One of the greatest benefits of essential oils is their wide variety of uses. With so many different oils that each hold unique benefits and advantages, you can incorporate essential oils into nearly every area of your daily routine and lifestyle. Essential oils can help with things like relaxation and sleep, beautifying the skin and hair, creating a soothing massage, repelling insects naturally, cleansing surfaces around the home—and so on. Because cooking, eating, and drinking are such a natural part of our everyday lives, it is no surprise that essential oils are also useful in the kitchen.

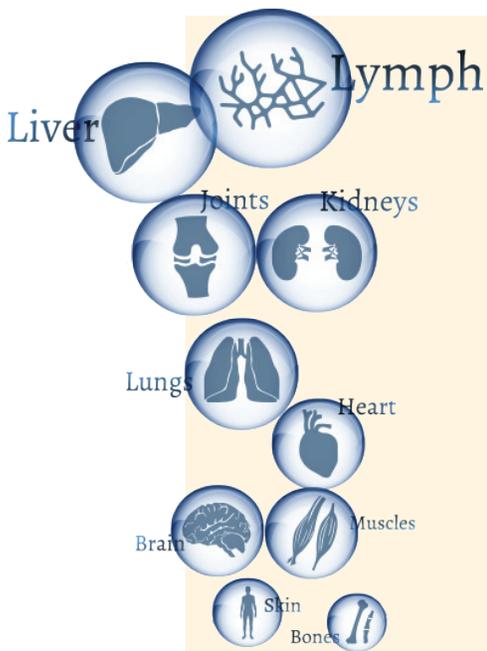


With so many options for spices, seasonings, and extracts on the market that can help enhance our food, you might be wondering, “Why should I cook with essential oils?” While cooking methods often depend on diet and personal preferences, there are several benefits to using essential oils in cooking. Not only will essential oils provide any meal with powerful flavor, but they also allow the user to enjoy any internal health benefits that the essential oil may hold, as well as providing a safe, natural way to flavor your food and offering convenience when fresh ingredients are not available.



Adding flavor

Essential oils are naturally potent and powerful because they are highly concentrated and taken directly from natural sources. The purity and potency of essential oils make them perfect for adding flavor to any dish. Because essential oils are so powerful, it doesn't take much to add an extra kick of flavor to your favorite entrees, beverages, meats, desserts, and more.



Internal benefits

Frequently used for their internal benefits, essential oils provide a simple way to promote wellness in the body.* Depending on the oil, you can use essential oils to promote healthy digestion, cleanse the body, support healthy function of the body's systems, provide the body with antioxidants, and other internal benefits.* When you add an essential oil to your food or beverage, not only will you experience the powerful flavors of the oil, but you can experience any internal benefits the oil has to offer. Cooking with essential oils provides a fun, creative way to use essential oils internally and reap the benefits they have to offer.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Safe, natural ingredients

While there are plenty of spices, seasonings, and extracts available that can help flavor your food, many of these options contain highly processed or questionable ingredients. By using essential oils to flavor your food and enhance your cooking, you will not only have endless options for making healthy and creative meals, but you can rest easy knowing exactly what you are putting into your food. As mentioned, essential oils are taken directly from natural sources, and do not include processed or harmful ingredients. Remember that not all essential oils are created equal, and some companies will use fillers or synthetic ingredients in their oils. By using pure, therapeutic-grade essential oils in your cooking, you can enjoy the benefits of natural flavors and ingredients.



Convenience

While some people prefer to use raw or fresh ingredients to flavor their food, these kinds of ingredients aren't always readily available. Having essential oils on hand makes it easy when you don't have time to get to the store to buy fresh basil, or just used your last lemon. Plus, it can be difficult to find fresh ingredients throughout the entire year, as some herbs, spices, and fruits are only available during certain seasons.

In addition to providing a convenient way to season your food, essential oils can also be more cost-effective in the long run. As it only takes a tiny amount of essential oil to add flavor to any dish, you can save money by not having to replace your ingredients as often. Because essential oils stay good for so long, you also don't have to worry about fresh ingredients going bad if you don't end up using them before their expiration date. While using fresh ingredients is still a wonderful way to enhance your cooking, essential oils provide a convenient way to add flavor when you need it.

CHAPTER 2

Is cooking with essential oils safe?

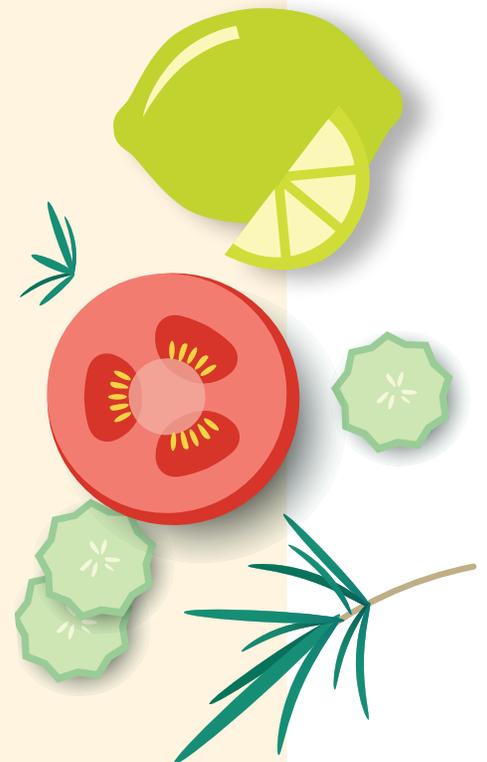
While some are skeptical about the consumption of essential oils, internal usage of essential oils has actually been in practice for centuries, and is not a mysterious new fad. People have successfully and safely consumed essential oils for many years, and the key to safe use is following proper safety guidelines. Like any substance, essential oils only present risks when used improperly or in incorrect amounts. We will discuss the important safety guidelines for cooking with essential oils in more detail in chapter three.

You likely already consume small amounts of essential oils in your diet

Because essential oils are taken from plants, fruits, and natural substances, the body is well equipped to process them. Fruits, plant parts, and extracts are already a normal part of our diets, which makes it safe for the body to consume essential oils internally and process them properly. Like other things we consume, essential oils are ingested through the digestive system, enter the bloodstream, and can then be metabolized by the organs. Because our body is able to easily process and metabolize essential oils, cooking with oils is a simple way to enrich the food we eat every day.

Generally Recognized as Safe List

The Federal Drug Administration (FDA) has compiled a list of substances that have been identified as safe to be used in food products. This list, known as the Generally Recognized as Safe list (GRAS), identifies substances, including essential oils, that have substantial documentation of safe internal usage. With a well-documented history of safe and



successful internal usage, the essential oils included on the GRAS list are considered safe for consumption, and can be used as flavoring agents or preservatives in food. (Note that the GRAS list is merely one source that shows which essential oils are safe for consumption; there are other reliable sources that provide information about the safe internal use of essential oils.)

The following essential oils are included on the GRAS list and considered safe to add to your food and beverages:

Basil	Fennel	Lemongrass	Roman Chamomile
Bergamot	Geranium	Lime	Rosemary
Black Pepper	Ginger	Marjoram	Thyme
Cassia	Grapefruit	Melissa	Wild Orange
Cinnamon	Juniper Berry	Oregano	Ylang Ylang
Clary Sage	Lemon	Peppermint	

Not all essential oils are safe for consumption

While the GRAS list identifies essential oils that are safe to consume and add to our food, not all essential oils are approved for this kind of use. Due to their chemical makeup, some essential oils should never be added to food or used internally in any amount. Here is a list of the essential oils that are not safe for cooking:

Arborvitae	Cypress	Eucalyptus	White Fir
Cedarwood	Douglas Fir	Spikenard	Wintergreen

High quality, well-tested essential oils are safe to consume

As previously mentioned, not all essential oils are created equal. Some essential oil companies add fillers or substitutions to their essential oils, which lowers the efficacy, potency, and purity of the oil. On the other hand, some essential oil companies use thorough testing methods to ensure that the oils don't contain any harmful substances or contaminants, and that they are as pure and high quality as possible. Just remember, not all distributors use testing to assure quality. Before you use essential oils in your cooking, it is important to know how they have been produced. Have the oils been carefully harvested and distilled? Have they been tested for possible contaminants or harmful substances? If you plan to use essential oils for cooking, it is best to use high quality, thoroughly tested oils that can provide you with the best results.

dōTERRA® uses the CPTG Certified Pure Therapeutic® grade testing process to ensure that essential oils are safe to use. During several rounds of rigorous testing, essential oils are closely examined to ensure that they don't contain any contaminants or harmful substances.

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CHAPTER

Best practices

Cooking with essential oils is a fun, simple way to make creative meals, or to make your favorite meals a bit more interesting. How you use essential oils for cooking will depend on your own personal taste, what kind of food you are making, and which oil you are using. By following a few simple guidelines, you can easily enjoy the benefits of cooking with essential oils.

Essential oils and cooking with heat

Because essential oils are easily affected by heat, some worry that cooking with heat may lessen the efficacy of the oil. Cooking with heat can evaporate essential oils due to the steam, so it is best to add the essential oil at the end of the recipe, if possible. The less time the essential oil is exposed to heat, the more flavor it will retain, so if possible, add it in at the very end, or after the dish has been removed from heat and had time to cool.

Of course, it is not always possible to add the essential oil later, especially when it comes to baking or steaming. If your recipe requires that you bake, steam, simmer, or boil, and you cannot add the essential oil at the end, simply add a larger amount of the oil, as some of the oil's flavor will be baked, steamed, simmered, or boiled out. If you plan to add the essential oil at the very end when your dish has been removed from heat, a much smaller amount will be needed. When you add strong essential oils like Oregano or Basil, it can be beneficial to let the oil simmer or evaporate, because it provides a milder, more pleasant flavor.



Cookware

When cooking with essential oils, it is best to use cookware that is stainless steel, ceramic, or glass, as essential oils can potentially damage some types of plastic. When mixing ingredients that contain oils, avoid plastic mixing bowls or containers, and always try to use glass, ceramic, or stainless steel in order to protect and preserve your cookware.



Measurements

The amount of essential oils you add to any given recipe depends heavily on what kind of oil you are using; your personal taste preferences; whether you are substituting the oil for raw, fresh, or dried ingredients; the amount of servings you are making; and more. While it would be nice to know the exact amount of essential oil to add to a recipe, there are so many variables involved in cooking that it is more a process of experimentation and trial and error. You might need a little practice cooking with essential oils before you get a good idea of how much of an oil to add in order to fit your specific recipes and flavor preferences. While there is no fool-proof measurement guide for cooking with essential oils, there are a few guidelines that will help you as you experiment with essential oils and food.

The toothpick method

Something that makes cooking with essential oils so convenient is that it takes far less of an essential oil to flavor your food than if you were using dry seasonings, spices, or flavoring agents. Because essential oils are so potent, even the tiniest amount can add a serious blast of flavor to your dish. Often, even a single drop of an essential oil can be too overpowering, especially if the oil is particularly strong. When you first start experimenting with essential oils and cooking, it is best to use the toothpick method—dip the tip of a clean toothpick into the essential oil bottle and stir the toothpick into your ingredients. This will allow you to add the smallest possible amount of the oil, so that you don't risk ruining the dish by adding too much flavor. After you've stirred the toothpick around in the dish, do a taste test to see whether you want to add more of the oil or not. This is the safest way to slowly add flavor to your dish without ruining it by using too much oil



Potent oils

While the FDA GRAS list acts as a guide for essential oils that are safe to consume, it is important to note that some essential oils that have been approved for internal use are still very potent, and must be altered or modified before internal consumption. The following essential oils are extremely potent, and users should always employ the toothpick method when using these oils for cooking:

Cassia
Cinnamon

Clove
Cumin

Thyme
Oregano

These oils should also be properly diluted when added to beverages. To ensure proper dilution of these oils, use at least four ounces of liquid when adding any of the essential oils listed above to your drinks.

How do I know how much of an essential oil to add?

As mentioned, the amount of essential oil you add to your dishes will depend on many different variables like the particular recipe you are making, how many servings you make, what kind of oil you are using, and your personal taste buds. In most cases, it is best to start by using the toothpick method, and slowly adding more and more oil to the recipe. Once you have a little experience with cooking using essential oils, you can better gauge how much of an oil to add to a recipe, and you won't have to taste the food each time after adding a toothpick's worth of oil.

In some cases, it is appropriate to add an entire drop (or several drops) of an essential oil, but just remember: once you've added an essential oil to your dish, you cannot take it back. You can always add more oil, but once added, you can't take the flavor back, so use caution when adding essential oils to your meals, and stick with the toothpick method until you feel more comfortable with cooking using essential oils.



Toothpick Method

Allows you to add the smallest amount of an essential oil. Use for particularly potent essential oils. Taste-test before adding more.



One Drop

Helpful when cooking large quantities of food. Works for essential oils with a mild chemistry.



Several Drops

Can help preserve flavor when baking or cooking with heat. Best for large quantities of food, or mild essential oils. Pour droplets into a spoon, or use a dropper for exact amounts.

Don't drop essential oils directly into the dish

Once you've decided how much of an essential oil to use in a recipe, it is important that you don't add the oil directly to the dish, bowl, or pan, but drop the oil onto a spoon first. When pouring essential oils, it is easy for more than one drop to sneak out of the bottle, so if you hold the bottle directly over your dish, you might get more oil than you intended. By pouring the oil into a spoon first, you can ensure that you get exactly one drop (or whatever amount you need), before adding it to the dish.

If you find it difficult to get exact amounts when cooking with essential oils, it can be helpful to use an oil dropper to help give you precise droplets. It is also important to remember to put the lid on essential oil bottles when you are not using them during the cooking process. Cooking can get messy, and ensuring that the lid is on your essential oil bottles will prevent you from accidentally knocking over a bottle and losing precious oil.

Remember: You can always add more oil, but once you've added a drop of essential oil to your food, you cannot take it back.

Flavor guide for cooking with essential oils

When it comes to flavoring your food using essential oils, the options are limitless. Essential oils can help add potent flavor to nearly any drink, dessert, soup, meat, bread—the list goes on and on. If you are just getting started, the flavor guide below can help give you ideas of how to pair certain essential oils with your favorite foods and beverages.

Citrus

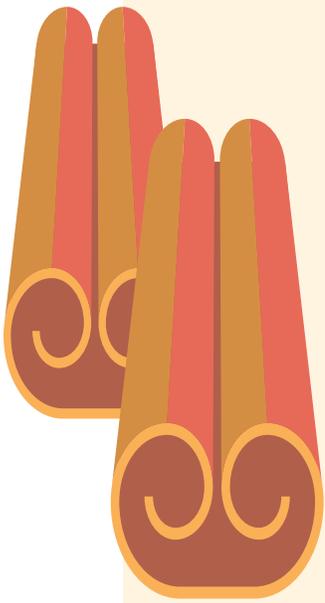
Common oils: Bergamot, Grapefruit, Lemon, Lime, Tangerine, Wild Orange

Useful for: beverages, baked goods, yogurt, dip, salsa, and zest

Flavor description: bright, sweet, tangy, refreshing

Citrus oils can add a sweet, refreshing flavor to beverages like tea, water, or smoothies, and can brighten up any recipe for baked goods like scones, muffins, or cookies. Citrus oils can also be useful for adding flavor to yogurt, or your favorite dips and salsa recipes. Consider using citrus oils in recipes that call for lemon, lime, orange, or tangerine zest. If the recipe calls for the zest of the entire fruit, it will likely take a few drops of essential oil to match the amount of flavor needed. Remember, citrus essential oils are taken from the peel of the fruit—not the juice. For this reason, it is easy to substitute citrus oils for recipes that call for fruit zest, but not necessarily for recipes that call for fruit juice.





Spices

Common oils: Black Pepper, Cassia, Cinnamon, Coriander, Ginger, Fennel

Useful for: enhancing natural flavors, vegetables, meat marinade, sweet and savory dishes

Flavor description: hot, sharp, spicy, sweet, warm

Spicy oils are useful when you want to add an extra boost of flavor to your dish. Essential oils like Black Pepper and Ginger can help enhance natural flavors when cooking, and oils like Fennel and Coriander can help add extra flavor to both sweet and savory recipes. Cinnamon and Cassia oils are strong and spicy, and make a great addition to sweet recipes for baked goods or breakfast foods. Keep in mind that all of these spicy essential oils are extremely potent, so only a tiny bit of oil will be needed to add powerful flavor to your dish. For this reason, it is best to always start by using the toothpick method when adding any of these oils, and taste-test as you go.

Herbs

Common oils: Basil, Cilantro, Marjoram, Oregano, Rosemary, Thyme

Useful for: substituting dry or fresh herbs, Italian dishes, meat marinade, soup, bread, pasta, potatoes

Flavor description: herbal, fresh, sharp, warm

Citrus oils can add a sweet, refreshing flavor to beverages like tea, water, or smoothies, and can brighten up any recipe for baked goods like scones, muffins, or cookies. Citrus oils can also be useful for adding flavor to yogurt, or your favorite dips and salsa recipes. Consider using citrus oils in recipes that call for lemon, lime, orange, or tangerine zest. If the recipe calls for the zest of the entire fruit, it will likely take a few drops of essential oil to match the amount of flavor needed. Remember, citrus essential oils are taken from the peel of the fruit—not the juice. For this reason, it is easy to substitute citrus oils for recipes that call for fruit zest, but not necessarily for recipes that call for fruit juice.





Florals

Common oils: Lavender, Geranium

Useful for: softening citrus flavors, adding a twist to plain recipes, desserts, tea

Flavor description: light, powdery, sweet

Although floral oils are more commonly used for beauty products and fragrances, and less often in cooking, there are certain floral essential oils that can help to add an unexpected twist of flavor to light desserts like cookies and cakes, jellies, and tea. Because of their sweet, powdery nature, floral oils can also be useful for softening powerful citrus flavors in a recipe in order to achieve balance. Floral essential oils are extremely potent, and therefore only tiny amounts should be added when cooking, using the toothpick method.

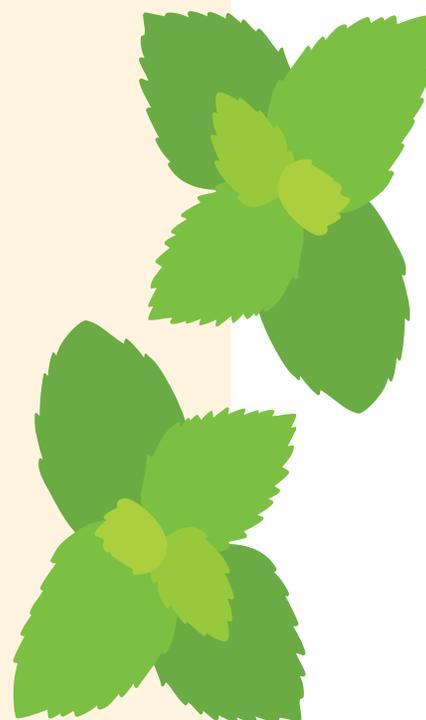
Mint

Common oils: Peppermint, Spearmint

Useful for: beverages, desserts, salads, certain meats

Flavor description: minty, cool, refreshing, sweet

Mint is a popular flavoring agent in the cooking world, and mint essential oils can be extremely useful when making mint-flavored desserts and candies, or for any time you want to add a cool, refreshing element to your recipe. Many recipes that include lamb or chicken often use mint flavoring to compliment the flavors of the meat, or even to compliment spicy or savory flavors. Mint is also often used in conjunction with other herbs, as it has a fresh, herbaceous flavor. Because mint essential oils are so potent, only a small amount of oil is needed to achieve a powerful flavor. Always use a toothpick when adding mint oils to an entrée or dish. An entire drop of a mint oil can be used when being added to beverages like teas and smoothies.



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Essential oil recipes

Now that you've learned about the best ways to use essential oils for cooking, here are a few recipes that will help you practice. Remember, cooking with essential oils takes a little experimentation to perfect, but the possibilities are endless!

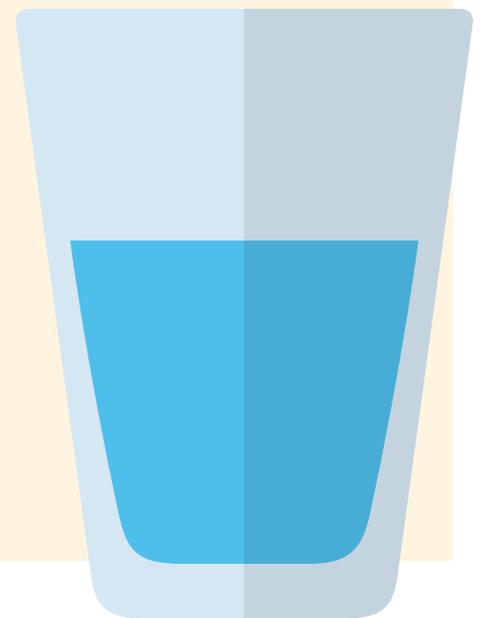
Beverages

Adding essential oils to beverages is one of the easiest ways to enjoy their potent, refreshing flavors. When you want to brighten up any of your favorite drinks, here are a few ideas for adding essential oils to beverages:

Water

Adding one to two drops of an essential oil to your water is a simple way to make a flavorful drink. Whether you are looking for a creative way to increase your daily water intake, want to cut down on soda or sugary drinks, or just want to reap the internal benefits of a particular oil, adding essential oils to your water is one of the most effective ways to enjoy essential oils.

- *Add a drop or two of Lemon oil to a glass of water when fresh lemons aren't available*
- *If you are trying to drink less soda or sugary drinks, add essential oils to your water for powerful flavor*
- *Add invigorating essential oils to your water in the morning to give you a refreshing jump start*
- *Put a drop of Cassia oil in your water when hiking, for hydration*
- *Add one drop of Cinnamon oil with honey to hot water and sip slowly to soothe the throat**
- *Place a drop of Lime oil in a glass of water for enhanced flavor and antioxidant support**
- *Combine Melaleuca, Peppermint, and Lemon oil in your water glass and drink to freshen the breath*



Tea

If you like drinking tea, essential oils provide a natural way to add a variety of flavors to your beverage—making tea time infinitely more fun. Only a small amount of essential oil will be required to provide your tea mixture with potent flavor, so make sure that you do not add too much, especially if you are drinking from a small cup or using strong oils.

Which essential oils go best with tea?

Bergamot
Cinnamon

Fennel
Lemon

Peppermint
Roman Chamomile

Other Beverages

While adding essential oils to a glass of water or cup of tea provides a simple way to use essential oils to enhance your beverage, you can add an essential oil to practically any beverage to enhance the flavor. Essential oils also work well in smoothies, slushies, lemonades, hot chocolate, and many more of your favorite drinks.

Recipe

dōTERRA® Ginger Pear Green Smoothie

Ingredients

1 heaping cup fresh spinach
1 heaping cup diced frozen pears (cut fresh pears and freeze for 1 hour)
½ cup plain non-fat Greek yogurt
1 tablespoon almond butter
1 cup unsweetened almond milk or milk of choice
1 teaspoon raw honey
½ teaspoon vanilla extract
1 drop of Ginger essential oil

Directions

Put all of the ingredients in a blender and blend until creamy and smooth.

Recipe

dōTERRA® Raspberry Limeade

Ingredients

Raspberry Puree
2 cups raspberries
½ cup sugar or honey
1 cup water

Drink

Limes, Sparkling water, Ice, Lime essential oil

Directions

1. In a small saucepan, combine 1 cup water, ½ cup sugar or honey, and 2 cups raspberries.
2. Cook until sugar has dissolved. Cool and strain.
3. To serve, add raspberry puree (around 2 tablespoons), ice, juice of one lime, and 1–2 drops Lime essential oil to a glass. Top with sparkling water.
4. Garnish with limes and raspberries. Enjoy!

Marinades

Because essential oils can provide sweet, savory, potent flavors, they make the perfect addition to your favorite marinades. Whether you are marinating meat, vegetables, seafood, or anything else you plan to cook up, adding essential oils will give your dish an extra dose of flavor. The amount of essential oil that you add to your marinade will depend on what you are marinating, how long the food will marinate in the mixture, and how much liquid the marinade has. However, it is best to add a small amount of essential oil to your marinade—start with one drop for most essential oils, and work your way up from there.

Which are the best essential oils for marinades?

Basil

Cilantro

Ginger

Marjoram

Black Pepper

Cumin

Lemon

Oregano

Cardamom

Fennel

Lime

Rosemary

The following essential oil-infused marinades work well with chicken, fish, beef, pork, shrimp, vegetables, and more.

Recipe

Chili Lime Marinade *with Lime essential oil*

1 ½ tablespoons fresh cilantro, chopped
2 tablespoons honey or agave
2 tablespoons water
8 drops Lime essential oil
1 clove garlic, minced
1 tablespoon chili flakes
1 ½ tablespoons ginger

Recipe

Sweet and Sour Marinade *with Wild Orange essential oil*

½ cup balsamic vinegar
½ cup honey
½ cup light brown sugar, packed
¼ cup low-sodium soy sauce
2 garlic cloves, minced
6–8 drops Wild Orange essential oil

Recipe

Balsamic Rosemary Marinade *with Rosemary essential oil*

½ cup balsamic vinegar
¼ cup olive oil
1 teaspoon salt
2 teaspoons pepper
2 drops Rosemary essential oil

Recipe

Parsley Basil Marinade *with Basil essential oil*

1 cup Italian parsley, chopped
2 cloves garlic, minced
2 tablespoons olive oil
2 drops Basil essential oil

Baked Goods

Using essential oils when baking provides a simple way to add extra flavor to your favorite desserts, breads, and anything else you like to make in the oven. Whether you want to add a hint of flavor to your favorite cookie recipe, or provide a dessert recipe with a healthy twist, essential oils will definitely come in handy when making baked goods.

Remember, when essential oils are baked, much of the oil will evaporate because of the heat. For this reason, it is best to add a little more oil to your mixture before placing it in the oven. Keep in mind that strong oils should still be used in small amounts, but oils with a milder chemistry can be used generously to ensure that the flavor survives the baking process.



Recipe

dōTERRA® Lavender Cupcakes with Lavender Cream Cheese Frosting with Lavender essential oil

Servings: 12
Prep time: 5–10 minutes
Cook time: 25–30 minutes

Ingredients

Lavender Cupcakes

2 $\frac{3}{4}$ cups cake flour
1 $\frac{2}{3}$ cups granulated sugar
1 tablespoon baking powder
 $\frac{3}{4}$ teaspoon sea salt
 $\frac{3}{4}$ cup butter, softened
4 large egg whites, plus 1 whole large egg
1 cup whole milk
2 teaspoons vanilla extract
1–2 drops Lavender essential oil

Lavender Cream Cheese Frosting

1 cup (2 sticks) butter, room temperature
16 oz. (2 packages) cream cheese, room temp.
5 cups powdered sugar
1 pod's worth of vanilla beans
1 toothpick Lavender essential oil

Directions

Lavender Cupcakes

1. Preheat oven to 350F.
2. Put cupcake liners into muffin tins.
3. Mix dry ingredients on slow speed for 2 minutes to blend.
4. Add the soft butter and mix until evenly crumbly.
5. Add egg whites one at a time, then add the whole egg, beating well after each addition to begin building the structure of the cake. Scrape down the sides of the bowl with each egg addition.
6. In a small bowl, whisk milk with vanilla and Lavender essential oil. Add to the batter $\frac{1}{3}$ cup at a time. Beat 1 to 2 minutes after each addition, until fluffy. Scrape down the sides and bottom of the bowl.
7. Pour batter into prepared pans and bake for 25 to 30 minutes or until a toothpick inserted into the center comes out clean. Remove from oven and cool completely on a wire rack.

Lavender Cream Cheese Frosting

1. With an electric mixer, and using the paddle attachment, not the whisk, mix the butter and cream cheese together, about 3 minutes on medium speed until very smooth. Scrape down the sides and bottom of the bowl to ensure even mixing.
2. Add vanilla extract and toothpick of Lavender essential oil and mix. Slowly add powdered sugar. Keep adding until you get desired sweetness and thickness. Taste for flavor and add more Lavender essential oil a toothpick full at a time to get the desired taste.
3. Spread icing on the cooled cupcakes and refrigerate until serving.

Recipe

dōTERRA® Blueberry Orange Muffins *with Wild Orange essential oil*

Servings: 12
Prep time: 30 minutes
Cook time: 30–40 minutes

Ingredients

½ cup butter, softened
½ cup honey
3 large eggs
1 cup orange juice
½ teaspoon Wild Orange essential oil
1 ½ cups flour
1 ½ teaspoons baking powder
½ teaspoon cinnamon
¼ teaspoon lemon juice
1 cup blueberries
1 ½ cups coconut

Directions

1. Preheat oven to 350 degrees Fahrenheit
2. Cream together butter and honey in mixer.
3. Add eggs, orange juice, and Wild Orange essential oil and mix.
4. Add dry ingredients and mix thoroughly.
5. Fold in blueberries, 1 cup coconut, and lemon juice.
6. Place liners in muffin tin, and pour in batter.
7. Top with the remaining ½ cup coconut. (If you don't like coconut, you can also use slivered almonds)
8. Bake 30–40 minutes.

Recipe

dōTERRA® Spearmint Chocolate Chip Cookies *with Spearmint essential oil*

Servings: 36
Prep time: 20 minutes
Cook time: 12 minutes

Ingredients

½ cup coconut oil
½ cup butter
¾ cup raw sugar
½ cup honey
1 teaspoon cocoa
1 tablespoon molasses
1 egg
1 ½ cup spelt flour
1 ½ cup soft white wheat flour
1 cup quick oats
¼ cup chia seed
1 teaspoon baking soda
½ teaspoon salt
1 cup chocolate chips
1 drop Spearmint essential oil

Directions

1. Preheat oven to 350 degrees Fahrenheit. Combine refrigerated coconut oil and butter, whisk until smooth. Once smooth, add raw sugar, honey, cocoa, molasses, and egg, mix until creamed together.
2. In a separate bowl, combine spelt flour, soft white wheat flour, quick oats, chia seed, baking soda, and salt. Slowly pour into the liquid mixture while mixing. Add 1 cup of chocolate chips and mix.
3. Scoop 12 cookies onto a cookie sheet and bake on 350 for 12 minutes.

Salsa

Adding essential oils to a salsa recipe not only enhances the flavor, but can save time when you don't have fresh ingredients. For example, if you don't have time to go to the store to get fresh limes, you can always add a drop of Lime essential oil to your salsa recipe. Other essential oils like Cilantro, Coriander, Lemon, and Cumin can help spice up any salsa recipe, without any extra effort or cook time.



Recipe

dōTERRA® Pineapple Nectarine Salsa with Lime and Cilantro essential oils

Servings: 6
Prep time: 30 minutes
Cook time: 0 minutes

Ingredients

1 pineapple, sliced and diced	½ cup red onion, diced (about half a medium onion)
2 small nectarines, diced (if you want more nectarine, feel free to put more in)	5 drops Lime essential oil
½ cup chopped cilantro	2 drops Cilantro essential oil
	3 teaspoons sea salt

Directions

1. Mix all ingredients together.
2. Allow salsa to sit and chill for at least 4 hours before eating to allow time for flavors to marinate and maximize.
3. Serve with chips, over fish tacos, or as a tangy fruit salad all on its own.

Sauces and dips

Whether you want to break free from boring, bland dinners; need creative snacks to give your kids after school; or want to mix up your favorite dip recipe before hosting the next game night, adding essential oils to dips and sauces is an easy way to bring more flavor to the table. Essential oils make a great addition to hummus, chip dip, spread, and more. Adding a drop of essential oil to a simple pesto or marinara can also liven up any plain pasta recipe. Because dips and sauces are often served in small portions, add essential oils using the toothpick method to ensure that you don't overpower the recipe with too much oil.

Recipe

dōTERRA® Rosemary Lemon Hummus with Lemon and Rosemary essential oils

Servings: 12–15
Prep time: 10 minutes
Cook time: 0 minutes

Ingredients

1 can organic garbanzo beans (½ liquid drained)	Juice of ½ lemon
2 garlic cloves, peeled	2 drops Lemon essential oil
2 tablespoons organic cold pressed olive oil	1 drop Rosemary essential oil
2 tablespoons Tahini	1 teaspoon sea salt

Directions

1. Blend all ingredients in food processor until smooth.
2. Chill in refrigerator 30 minutes and serve with sliced cucumbers, carrots, celery, cherry tomatoes, crackers, pita bread, and more.

Salad

If you want an easy way to brighten up any salad recipe, essential oils can help add a refreshing, healthy, or invigorating punch of flavor. Whether you are making a traditional green salad, chicken salad, pasta salad, quinoa salad, potato salad, or anything in between, a dash of essential oil can help take any ordinary salad recipe to the next level. If you like to make your own salad dressing, essential oils are easy to incorporate into dressing recipes—especially for oil-based dressings.

Because many salad recipes require the salad to cool in the fridge, it is important to note that essential oil flavors will become stronger the longer they sit on or in the food. If your potato or pasta salad is going to sit in the fridge for a day before you serve it, consider adding the essential oils just before serving (instead of when you first make the salad) to ensure that the flavor isn't too strong.



Recipe

dōTERRA® Strawberry Almond Salad with Raspberry Lime Vinaigrette *with Lime essential oil*

Servings: 4
Prep time: 15 minutes
Cook time: 30 minutes

Ingredients

Strawberry Almond Salad

10 ounces baby spinach
1 pound strawberries, cut in thick slices
½ cup sliced almonds, toasted
½ cup fat free feta cheese

Raspberry Vinaigrette

2–4 drops Lime essential oil
1 pint fresh raspberries
1 tablespoon honey
2 tablespoons Dijon mustard
2 tablespoons red wine vinegar

Directions

1. In small bowl, mash raspberries.
2. Add remaining vinaigrette ingredients and mix using wire whisk until combined.
3. Chill vinaigrette for 30 minutes.
4. Toss salad ingredients with raspberry vinaigrette.

Seasoning

While essential oils add plenty of flavor to any food or beverage when mixed in on their own, you can also combine essential oils with dry seasoning ingredients to create powerful seasoning blends to flavor your food.

Recipe

Italian Seasoning Blend

2 tablespoons garlic salt or 1 clove garlic
1 drop or less of Basil, Thyme, Marjoram, Oregano, or Rosemary, or any combination of these oils
Mix all ingredients together and use for your favorite Italian pasta, soup, sauce, or meat recipes

Recipe

Essential oil flavored sugar

2 tablespoons of sugar
1–3 drops Wild Orange, Tangerine, Lemon, Grapefruit, Bergamot, or Lime oil
or
1 toothpick Cinnamon or Cassia oil
Combine essential oil and sugar, stir. Sprinkle in tea, coffee, oatmeal, lemonade, or over toast.

Recipe

Asian Seasoning Blend

2 tablespoons sea salt
1-2 drops Ginger, Lemongrass, Wild Orange, or Black Pepper, or any combination of these oils
Mix ingredients together and use to flavor chicken, pork, vegetables, or soup

Recipe

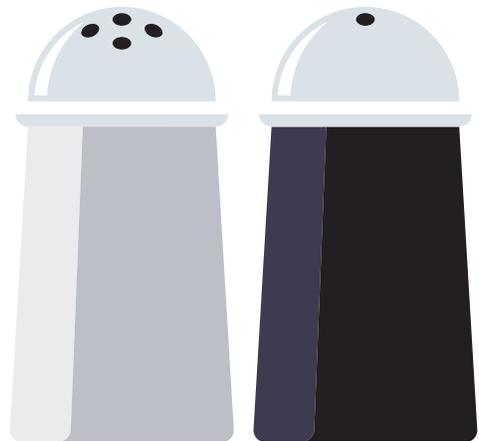
Rosemary Garlic Rub

1 tablespoon salt
1 teaspoon onion powder
1-3 drops Rosemary and Black Pepper oil
½ cup olive oil
5 garlic cloves, diced
Mix all ingredients together and use as a rub for chicken, steak, or vegetables

Recipe

Chipotle Seasoning Blend

1 teaspoon chili powder
½ teaspoon salt
½ teaspoon paprika
2 garlic cloves
1-1 ½ tablespoons olive oil
¼ teaspoon pepper
½ teaspoon onion powder
1 toothpick Cumin essential oil
1 drop Lime essential oil
1 toothpick Cilantro oil (optional)
Mix all ingredients together and use to flavor taco meat, chicken, or pork.



The possibilities are endless

Now that you've learned about the best methods for cooking with essential oils, it is time to practice. As you experiment with different flavors and recipes, you will see how easy it is to brighten any meal with the power of essential oils. By always observing safety guidelines, and being willing to learn as you go, you can transform the way that you eat, drink, and cook by enlisting the help of essential oils in the kitchen.