



dōTERRA™ | EUROPE

COOKING WITH ESSENTIAL OILS

Introduction

THE MAGIC OF CREATING A MEAL

Too often, cooking can feel like a chore. In the right circumstances though, it can be so much more than that. When it becomes meaningful, cooking a meal is more like creating an experience. It brings people together.

It can serve as an expression of personality or culture. Just one bite can remind you of your childhood or take you back to a favourite place. Such experiences are when cooking stops feeling mundane and starts feeling extraordinary.

Whether you are making a big family feast, a romantic dinner for you and your partner, or a weeknight meal you hope your kids will enjoy, mealtimes bring us together. Moreover, you can enjoy your meals even more with safe, natural ingredients. Essential oils offer a world of flavours to help make food feel even more magical.

Let us get started. We cannot wait to see what wonderful meals you cook up in your kitchen.



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Chapter 1

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, beautifying the skin and hair, creating a soothing massage, provide outdoor protection - and so on. And 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, anyone can enjoy the benefits of using essential oils in cooking. Not only will essential oils give powerful flavour, they also allow the user to enjoy any benefits that the essential oil may hold, as well as providing a convenient alternative when fresh ingredients are not available.



ADDING FLAVOUR

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 flavour to any dish. As essential oils are so powerful, it doesn't take much to add an extra kick of flavour to your favourite entrees, beverages, meats, desserts and more.

INTERNAL BENEFITS

When you add an essential oil* to your food or beverage, not only will you experience the flavours of the oil, but you can also experience any internal benefits that the oil has to offer. Cooking with essential oils provides a fun, creative way to use essential oils internally and make the most of the benefits they have to offer.

*See individual labels for ingredients, cautions, and instructions for use.

NATURAL INGREDIENTS

While there are plenty of spices, seasonings and extracts available, many of these options contain highly processed or questionable ingredients. By using essential oils to flavour 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 essential oils in your cooking you can enjoy the benefits of natural flavours and ingredients.

OFFER CONVENIENCE

While some people prefer to use raw or fresh ingredients to flavour their food, these kinds of ingredients are not always readily available. Having essential oils on hand makes it easy when you just used your last lemon or did not have time to run to the store to buy fresh basil. Moreover, it can be difficult to find fresh ingredients throughout the year, since some herbs, spices and fruits are only available in certain seasons. Essential oils can also be more cost-effective in the end. As it only takes a tiny amount of essential oil to add flavour to any dish, you can save money by not having to replace ingredients as often. Essential oils stay good for longer so you also do not have to worry about fresh ingredients going bad if you do not use them before their expiration date. While fresh ingredients are still wonderful for enhancing your cooking, essential oils provide a convenient way to add flavour when you need it. Having essential oils on hand makes it easy for you to have a variety of ingredients readily available, no matter what time of year.





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. 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.

ESSENTIAL OILS ARE ALREADY IN YOUR DIET

As essential oils are taken from plants, fruits and natural sources, 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 metabolised by the organs. Our bodies are able to easily process and metabolise essential oils, so cooking with oils is a simple way to enrich the food we eat.

CHOOSE ESSENTIAL OILS THAT ARE SAFER FOR INTERNAL USE

Before adding essential oils to your food, make sure that each oil you intend to use has been approved for safe consumption and internal use. The following essential oils are considered safe for internal use*:

| | |
|----------------|-------------|
| CASSIA | MARJORAM |
| CELERY SEED | OREGANO |
| CILANTRO | PEPPERMINT |
| CLOVE | PINK PEPPER |
| CORIANDER | ROSEMARY |
| FENNEL | SPEARMINT |
| GINGER | TANGERINE |
| GRAPEFRUIT | THYME |
| GREEN MANDARIN | TURMERIC |
| LEMON | |
| LEMONGRASS | |
| LIME | |

*See individual labels for ingredients, cautions, and instructions for use.



NOT ALL ESSENTIAL OILS ARE SAFE FOR CONSUMPTION

While the list on the previous page identifies essential oils that are safe to use internally, 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 to use internally*:

| | |
|------------|-------------|
| ARBORVITAE | DOUGLAS FIR |
| CEDARWOOD | EUCALYPTUS |
| CYPRESS | SPIKENARD |

*See individual labels for ingredients, cautions, and instructions for use.

HIGH QUALITY, WELL-TESTED ESSENTIAL OILS ARE SAFE TO CONSUME

Not all essential oils are created equal. Some essential oil companies add fillers or substitutions to their essential oils - which lowers the oil's efficacy, potency and purity. dōTERRA uses thorough testing methods to ensure that the oils don't contain any harmful substances or contaminants. This testing helps to make certain the essential oils are as pure and high quality as possible**. Just remember, not all essential oil companies 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 Certified Pure Tested Grade CPTG™ 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.

BEST PRACTICES

Cooking with essential oils is a fun, simple way to make creative meals, or to make your favourite 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

Essential oils are easily affected by heat, so you may be concerned that cooking may lessen the efficacy of the oil. Heat can evaporate essential oils due to steam, so the less time the essential oil is exposed to heat, the more flavour it will retain. If possible, add it at the very end of the cooking time, or after the dish has been removed from the heat and had time to cool.

Of course, it is not always possible to add the essential oil towards the end of all recipes. 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 flavour 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 flavour.



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.

MEASUREMENTS

The amount of essential oils you add to any 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 flavour preferences. While there is no foolproof 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 flavour your food than if you were using dry seasonings, spices or flavouring agents. Essential oils are potent, so even the tiniest amount can add a serious blast of flavour 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 flavour. 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 gradually add flavour to your dish.

POTENT ESSENTIAL OILS

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:

| | | |
|--------|------------|---------|
| CASSIA | GINGER | OREGANO |
| CLOVE | LEMONGRASS | THYME |

You should always employ the toothpick method when using these oils for cooking. These oils should also be properly diluted when added to beverages. To ensure proper dilution of these oils, use at least 120 ml of liquid when adding any of the essential oils listed above to your drinks.

*See individual labels for ingredients, cautions, and instructions for use.

HOW DO I KNOW HOW MUCH OF AN ESSENTIAL OIL TO ADD?

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, 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. The toothpick method is a great way to gradually add essential oils to your dish to avoid adding too much at once and help you attain the flavour you want. As you become more comfortable with baking and cooking, you can start adding an entire drop (or several drops).



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

Can help preserve flavour 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.



SEVERAL DROPS

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

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.

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; rather, place a drop (or several drops) 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 the amount you need, before adding it to the dish.

If you find it difficult to get exact amounts when cooking with essential oils, consider using 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.





FLAVOUR GUIDE FOR COOKING WITH ESSENTIAL OILS

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

CITRUS

Common oils: Grapefruit, Lemon, Lime, Tangerine

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

Flavour description: bright, sweet, tangy, refreshing

Citrus oils can add a sweet, refreshing flavour 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 flavour to yogurt, or your favourite dips and salsa recipes. Consider using citrus oils in recipes that call for lemon, lime 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 flavour 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.

HERBS

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

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

Flavour description: herbal, fresh, sharp, warm

Using fresh or dried herbs has been a popular method for adding flavour to food for centuries. While this is an effective way to achieve certain flavours when cooking, it can be fun to substitute your regular herbs for essential oils. Not only do essential oils come in handy when you don't have access to fresh herbs or if you run out of dry seasonings, but they can help deliver serious flavour. In addition to using herbal essential oils to substitute dry or fresh herbs in a recipe, these oils can make a wonderful contribution to your favourite Italian dishes, soups, breads, pasta dishes, potatoes, meat marinades and more. Like dry or fresh herbs, you can also use several of these herbal essential oils in a single dish to make a lovely bouquet of flavours. Remember, many of these oils are extremely potent, and should be added to food via the toothpick method to ensure that you do not overpower or ruin the dish by using too much oil.

See individual labels for ingredients, cautions, and instructions for use.

MINT

Common oils: Peppermint, Spearmint

Useful for: beverages, desserts, salads, certain meats

Flavour description: minty, cool, refreshing, sweet

Mint is a popular flavouring agent, and mint essential oils can be extremely useful when making mint-flavoured desserts and sweets, 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 flavouring to compliment the flavours of the meat, or other spicy or savoury flavours. Mint is also often used in conjunction with other herbs, as it has a fresh, herbaceous flavour. As mint essential oils are so potent, only a small amount of oil is needed to achieve a powerful flavour. Always use a toothpick when adding mint oils to a dish. An entire drop of a mint oil can be used when being added to beverages like teas and smoothies.

SPICES

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

Useful for: enhancing natural flavours, vegetables, meat marinades, sweet and savoury dishes

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

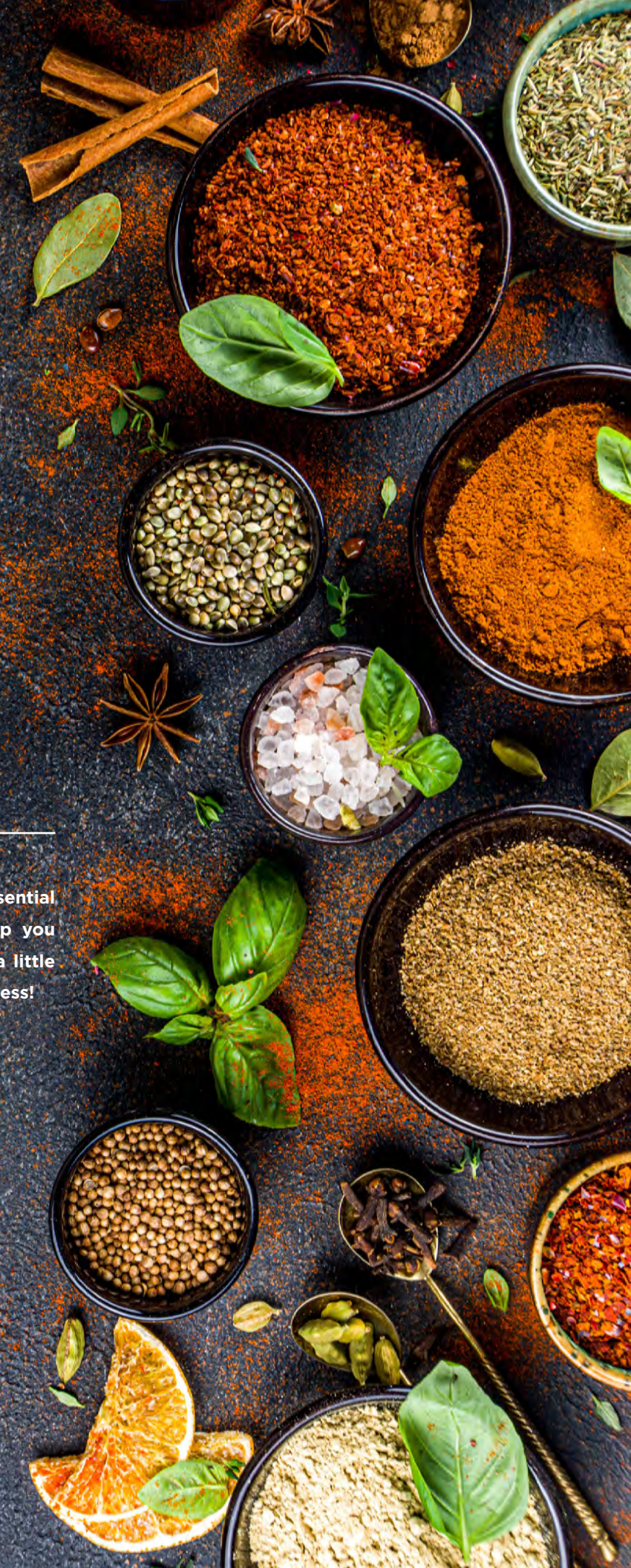
Essential oils like Black Pepper and Ginger can help enhance natural flavours when cooking, and oils like Fennel and Coriander can help add extra flavour to both sweet and savoury recipes. Cinnamon and Cassia oils are strong and spicy, and make a great addition to sweet recipes for baked goods or breakfast 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 flavour 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.

See individual labels for ingredients, cautions, and instructions for use.

Chapter 4

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 flavours. When you want to brighten up any of your favourite 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 flavourful drink. Whether you are looking for a creative way to increase your daily water intake, want to cut down on sodas or sugary drinks, or just want the internal benefits of a particular oil, adding essential oils to your water is one of the most effective ways to enjoy them.

- 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 sodas or sugary drinks, add essential oils to your water for powerful flavour.
- Put a drop of **Cassia** oil in your water when hiking, for hydration.
- Add one drop of **Turmeric** oil with honey to hot water to enjoy a warm, soothing beverage.
- Place a drop of **Lime** oil in a glass of water for enhanced flavour.
- Combine **Peppermint** and **Lemon** oil in your glass of water for a refreshingly different drink.

TEA

If you like drinking tea, essential oils provide a natural way to add a variety of flavours 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 flavour, 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?

CASSIA
FENNEL
GINGER
LEMON
PEPPERMINT
TURMERIC

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 flavour. Essential oils also work well in smoothies, slushies, lemonade, hot chocolate, and many more of your favourite drinks.

*See individual labels for ingredients, cautions, and instructions for use.





GINGER PEAR SMOOTHIE

INGREDIENTS

130 g fresh spinach
130 g diced frozen pears (cut fresh pears and freeze for 1 hour)
65 g plain non-fat Greek yogurt
1 tablespoon almond butter
130 g 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.

*See individual labels for ingredients, cautions, and instructions for use.

RASPBERRY LIMEADE

Servings: 6-8
Prep time: 5 minutes
Cook time: 10-15 minutes

INGREDIENTS

Raspberry Purée

255 g raspberries, rinsed
65 g sugar
240 ml water

Drink

Ice
Limes
Lime* essential oil
Sparkling Water
Raspberries for garnish

DIRECTIONS

1. In a small saucepan, combine water, sugar or honey and raspberries.
2. Cook until sugar has dissolved. Cool and strain.
3. To serve, add raspberry purée (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!

*See individual labels for ingredients, cautions, and instructions for use.

MARINADES

The sweet, savoury or potent flavours of essential oils mean that they make the perfect addition to your favourite marinades. Whether you are marinating meat, vegetables, seafood, or anything else you plan to cook, adding essential oils will give your dish an extra dose of flavour. 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 essential oils* work best in a marinade?

| | |
|--------------|----------|
| BASIL | LEMON |
| BLACK PEPPER | LIME |
| CARDAMOM | MARJORAM |
| CILANTRO | OREGANO |
| FENNEL | ROSEMARY |
| GINGER | THYME |

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



CHILI LIME MARINADE

INGREDIENTS

1 ½ tablespoons fresh coriander, chopped
2 tablespoons honey or agave
2 tablespoons water
8 drops **Lime*** essential oil
1 clove garlic, minced
1 tablespoon chilli flakes
1 ½ tablespoons fresh ginger
2 tablespoons coconut oil

*See individual labels for ingredients, cautions, and instructions for use.





SWEET AND SOUR MARINADE

INGREDIENTS

125 ml balsamic vinegar
 125 ml honey
 125 ml light brown sugar
 60 ml low-sodium soy sauce

2 garlic cloves, minced
 6-8 drops **Tangerine*** essential oil

*See individual labels for ingredients, cautions, and instructions for use.

BALSAMIC ROSEMARY MARINADE

INGREDIENTS

125 ml balsamic vinegar
 60 ml olive oil
 1 teaspoon salt

2 teaspoons pepper
 2 drops **Rosemary*** essential oil



PARSLEY BASIL MARINADE

INGREDIENTS

25 g Italian (flat-leaf) parsley, chopped
 2 cloves garlic, minced
 2 tablespoons olive oil
 2 drops **Basil*** essential oil

*See individual labels for ingredients, cautions, and instructions for use.

BAKED GOODS

Using essential oils when baking provides a simple way to add extra flavour to your favourite desserts, breads, and anything else you like to make in the oven. Whether you want to add a hint of flavour to your favourite cookie recipe, or give a dessert recipe 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 flavour survives the baking process.

BLUEBERRY ORANGE MUFFINS

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

INGREDIENTS

115 g butter, softened
170 g honey
3 large eggs
235 ml orange juice
½ teaspoon **Wild Orange***
essential oil
190 g flour
1 ½ teaspoons baking powder
½ teaspoon ground cinnamon
¼ teaspoon lemon juice
125 g blueberries
190 g coconut

DIRECTIONS

1. Preheat oven to 180°C, Gas Mark 4.
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, 125 g coconut and lemon juice.
6. Place muffin liners in muffin tin, and pour in batter.
7. Top with the remaining coconut. (If you don't like coconut, you can also use slivered almonds).
8. Bake 30-40 minutes. Leave to cool on wire tray.

*See individual labels for ingredients, cautions, and instructions for use.



LEMON CUPCAKES

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

INGREDIENTS

Lemon Cupcakes

350 g plain flour
210 g granulated sugar
1 tablespoon baking powder
¾ teaspoon sea salt
170 g butter, softened
4 large egg whites, plus 1 whole large egg
1 cup (235 ml) whole milk
2 teaspoons vanilla extract
1-2 drops **Lemon*** essential oil

Lemon Cream Cheese Frosting

125 g butter, room temperature
450 g cream cheese, room temp.
640 g icing sugar
Seeds from one vanilla pod
1 toothpick **Lemon*** essential oil

DIRECTIONS

Lemon Cupcakes

1. Preheat oven to 180°C, Gas Mark 4. Put cupcake liners into muffin tins.
2. Mix dry ingredients to blend.
3. Add the soft butter and mix until evenly crumbly.
4. 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.
5. In a small bowl, whisk milk with vanilla extract and **Lemon** essential oil. Add to the batter gradually. Beat after each addition, until fluffy.
6. Pour batter into prepared pans and bake for 25 to 30 minutes or until a toothpick inserted into the centre comes out clean. Remove from oven and cool completely on a wire rack.

Lemon Cream Cheese Frosting

Make the frosting while the cupcakes are baking/cooling.

1. With an electric mixer, and using the paddle attachment, 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 seeds and toothpick of **Lemon** essential oil and mix. Slowly add icing sugar. Keep adding until you get desired sweetness and thickness. Taste for flavour and add more **Lemon** essential oil a toothpick full at a time to get the desired taste.
3. Spread icing on the cooled cupcakes and refrigerate until ready to serve.

*See individual labels for ingredients, cautions, and instructions for use.





SPEARMINT CHOCOLATE CHIP COOKIES

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

INGREDIENTS

170 g coconut oil
115 g butter
150 g raw sugar
170 g honey
1 teaspoon cocoa
1 tablespoon molasses
1 egg
205 g spelt flour
205 g soft white wheat flour

85 g quick oats
30 g chia seeds
1 teaspoon baking soda
½ teaspoon salt
125 g chocolate chips
1 drop **Spearmint***
essential oil

DIRECTIONS

1. Preheat oven to 180°C, Gas Mark 4. Combine refrigerated coconut oil and butter, whisk until smooth. Once smooth, add raw sugar, honey, cocoa, molasses and egg and then mix until creamed together.
2. In a separate bowl, combine spelt flour, soft white wheat flour, quick oats, chia seeds, baking soda and salt. Slowly pour into the liquid mixture while mixing. Fold in chocolate chips and **Spearmint** essential oil.
3. Scoop 12 cookies onto a cookie sheet and bake for 12 minutes.

*See individual labels for ingredients, cautions, and instructions for use.

SALSA

Adding essential oils to a salsa recipe not only enhances the flavour, 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 and Lemon can help spice up any salsa recipe, without any extra effort or preparation time.

PINEAPPLE NECTARINE SALSA

Servings: 6
Prep time: 30 minutes
No cooking required



INGREDIENTS

1 pineapple, sliced and diced
2 small nectarines, diced (if you want more nectarine, feel free to put more in)
65 g chopped coriander
65 g red onion, diced (about half a medium onion)
5 drops **Lime*** essential oil
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 flavours to marinate and maximise.
3. Serve with potato snacks, over fish tacos, or as a tangy fruit salad all on its own.

*See individual labels for ingredients, cautions, and instructions for use.

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 favourite dip recipe before hosting your next social night, adding essential oils to dips and sauces is an easy way to bring more flavour to the table. Essential oils make a great addition to hummus, dip, spread and more. Adding a drop of essential oil to a simple pesto or marinara sauce can also liven up any plain pasta recipe. Dips and sauces are often served in small portions so add essential oils using the toothpick method to ensure that you don't overpower the recipe with too much oil.

ROSEMARY LEMON HUMMUS

Servings: 12-15
Prep time: 10 minutes
No cooking required



INGREDIENTS

1 tin (400 g) organic chickpeas (reserve half of tin of liquid to add to ingredients)
2 garlic cloves, peeled
2 tablespoons organic cold pressed olive oil
2 tablespoons tahini
Juice of ½ lemon
2 drops **Lemon*** essential oil
1 drop **Rosemary*** essential oil
1 teaspoon sea salt

DIRECTIONS

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

*See individual labels for ingredients, cautions, and instructions for use.

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 flavour. 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.

As many salad recipes require the salad to cool in the fridge, it is important to note that essential oil flavours 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 flavour isn't too strong.

STRAWBERRY ALMOND SALAD



Servings: 4-6
Prep time: 30 minutes
No cooking required

INGREDIENTS

Strawberry Almond Salad:

280 g baby spinach
450 g strawberries, cut into thick slices
45 g sliced almonds, toasted
75 g fat-free feta cheese

Raspberry Lime Vinaigrette:

500 g fresh raspberries
1 tablespoon honey
2 tablespoons Dijon mustard
2 tablespoons red wine vinegar
60 ml olive oil
2-4 drops **Lime*** essential oil

DIRECTIONS

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

*See individual labels for ingredients, cautions, and instructions for use.

SEASONING

While essential oils add plenty of flavour 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.

ITALIAN SEASONING BLEND

Servings: 12-15
Prep time: 10 minutes
No cooking required

INGREDIENTS

2 tablespoons garlic salt
or 1 clove garlic
Basil*, **Thyme***, **Marjoram***,
Oregano* or **Rosemary***, or
any combination of these oils

DIRECTIONS

Mix all ingredients together and use for your favourite Italian pasta, soup, sauce or meat recipes. When adding desired oils, start with the toothpick method and add more for desired taste.



*See individual labels for ingredients, cautions, and instructions for use.

ESSENTIAL OIL FLAVOURING SUGAR

INGREDIENTS

2 tablespoons of sugar
1-3 drops **Wild Orange***, **Tangerine***,
Lemon*, **Grapefruit*** or **Lime*** oil or
1 toothpick of **Cassia*** oil

DIRECTIONS

Combine and stir the essential oil
and sugar. Sprinkle in tea, coffee,
oatmeal, lemonade, or over toast.

*See individual labels for ingredients, cautions, and instructions for use.



ASIAN SEASONING BLEND

INGREDIENTS

2 tablespoons sea salt
1-2 drops **Ginger***, **Lemongrass***,
Wild Orange* or **Black Pepper***,
or any combination of these
essential oils

DIRECTIONS

Mix ingredients together and use to
flavour chicken, pork, vegetables or soup.



CHIPOTLE SEASONING BLEND

INGREDIENTS

1 teaspoon chilli powder
½ teaspoon salt
½ teaspoon paprika
2 garlic cloves
1-1 ½ tablespoons olive oil
¼ teaspoon pepper
½ teaspoon onion powder
1 drop **Lime*** essential oil
1 toothpick **Cilantro*** essential
oil (optional)



DIRECTIONS

Mix all ingredients together and use to flavour
beef, chicken or pork.

*See individual labels for ingredients, cautions, and instructions for use.



ROSEMARY GARLIC RUB

INGREDIENTS

1 tablespoon salt
1 teaspoon onion powder
1-3 drops **Rosemary*** and
Black Pepper* essential oil
115 ml olive oil
5 garlic cloves, diced

DIRECTIONS

Mix all ingredients together
and use as a rub for chicken,
salmon, steak or vegetables.

*See individual labels for ingredients, cautions, and instructions for use.

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 flavours 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.



All information correct at time of production.

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