

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/>**