

GUIDELINES

- ONLY USE ESSENTIAL OILS LABELED AS A SUPPLEMENT OR FOR INGESTION
- USE GLASS, STAINLESS STEEL, OR CERAMIC DISHES/UTENSILS, ESSENTIAL OILS DEGRADE PLASTIC
- EO'S ARE VERY POTENT, LESS IS MORE, YOU CAN ALWAYS ADD MORE EO BUT YOU CANT TAKE IT BACK
- IF ADDING BY THE DROP, DO SO OVER A SPOON IN CASE MORE DROPS COME OUT THAN YOU WOULD LIKE
- WHENEVER POSSIBLE ADD THE EO'S TO THE END OF COOKING OR RIGHT BEFORE YOU SERVE, EO'S DONT NEED TIME TO DEVELOP FLAVOR IN A RECIPE
- ADD THE EO'S TO THE FAT OR LIQUID PART OF RECIPE TO BLEND EVENLY THROUGH-OUT THE DISH
- DONT BE AFRAID TO EXPERIMENT



WAYS TO ADD

- THE TOOTHPICK METHOD-INSERT A CLEAN TOOTHPICK INTO BOTTLE OF EO AND THEN SWIRL IN DISH, USE AS A DASH OF FLAVOR
- SUBSTITUTE FOR THE DRIED HERB 1 DROP PER TSP
- SUBSTITUTE FOR FRESH HERBS
 1 DROP PER TBS
- SUBSITUTE 1 DROP FOR 1 TSP ZEST OF CITRUS FRUIT
- SUBSITUTE FOR ZEST OF WHOLE CITRUS FRUIT 10 DROPS



WAYS TO USE ESSENTIAL OILS TO INFUSE FLAVOR IN YOUR DISHES

- INFUSE BALSAMIC VINEGAR BY ADDING 1 DROP TO 1 OZ
- INFUSE OLIVE OIL BY ADDING 2 DROPS PER OZ
- INFUSE BUTTER BY ADDING 1
 DROP PER TBS
- MAKE A BASIC SALAD
 DRESSING WITH 4 TBS OIL, 2

 TBS VINEGAR, AND 1-5 DROPS
- ADD 1-2 DROPS TO MILK OR HONEY (AMOUNT BASED ON YOUR DESIRED LEVEL SWEETNESS AND CREAMINESS) AND THEN ADD TO YOUR FAVORITE TEA



EASY WAYS TO ADD FOR A POP OF FLAVOR

- TRY ADDING A DROP OF PEPPERMINT TO YOUR MORNING COFFEE FOR THAT EXTRA WAKE UP
- ADD A DROP TO YOUR YOGURT-ANY OF THE CITRUS WORK WELL
- ADD A DROP TO YOUR OATMEAL-TRY CINNAMON
- ADD A DROP OF ANY OF THE CITRUS TO YOUR MORNING SMOOTHIE
- ADD A DROP OF CINNAMON TO 2 TBS PEANUT BUTTER
- SPICE UP YOUR DESSERTS BY ADDING TO FROSTING- 2-5 DROPS OF A CITRUS WORK WELL
- TAKE YOUR BROWNIES TO THE NEXT LEVEL
 BY ADDING 4 DROPS PEPPERMINT
- SPICE UP YOUR GUACAMOLE WITH A TOOTHPICK SWIRL OF CILANTRO AND 4 DROPS LIME



LEMON & BLACK PEPPER ESSENTIAL OIL INFUSED SALT

- 6 TBS SALT
- 8 DROPS BLACK PEPPER ESSENTIAL OIL
- 8 DROPS LEMON ESSENTIAL OIL

COMBINE INGREDIENTS
TOGETHER IN A GLASS JAR AND
MIX WELL
SPRINKLE ON YOUR FOOD IN
PLACE OF REGULAR SALT THAT
YOU WOULD USE



HERBES DE PROVINCE INFUSED SALT

- 4 TBS SALT
- 4 DROPS BASIL
- 2 DROPS THYME
- 2 DROPS ROSEMARY
- 2 DROPS MARJORAM
- 1 DROP SAGE
- 1 DROP LAVENDER
- 1 DROP FENNEL
- COMBINE INGREDIENTS
 TOGETHER IN A GLASS JAR AND
 MIX WELL
 SPRINKLE ON YOUR FOOD IN
 PLACE OF REGULAR SALT THAT
 YOU WOULD USE



EASY SALAD DRESSING

- 3 TBS OLIVE OIL
- 2 TBS BALSAMIC VINEGAR
- 2 TSP DIJON MUSTARD
- 2 TSP HONEY
- 4 DROPS ESSENTIAL OIL OF YOUR CHOICE

COMBINE INGREDIENTS TOGETHER IN A GLASS BOWL/JAR AND MIX WELL





COCONUT LIME
ADD 5 DROPS LIME TO 2 TBS MELTED
COCONUT OIL AND DRIZZLE OVER
POPCORN

CHOCOLATE PEPPERMINT
ADD 4 DROPS PEPPERMINT TO 2 TBS
MELTED CHOCOLATE AND DRIZZLE
OVER POPCORN

CARDAMOM HONEY
ADD 1 DROP CARDAMOM TO 2 TBS
HONEY AND DRIZZLE OVER
POPCORN



EASY COWBOY CAVIAR

- STORE BOUGHT PICO DE GALLO
- 1/2 CAN CORN-DRAINED
- 1/2 CAN BLACK BEANS-DRAINED AND RINSED
- 2 DROPS LIME
- TOOTHPICK SWIRL OF CILANTRO

COMBINE INGREDIENTS TOGETHER IN A GLASS BOWL AND MIX WELL

