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Cooking with Essential Oils

Introduction

The Magic of Creating a Meal

Too often, cooking can feel like a chore. But in the right circumstances, it can be so much more than that. When it's 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 favorite place. Such experiences are when cooking stops feeling mundane and starts feeling extraordinary.

Whether you're making a big family feast, a romantic dinner for you and your partner, or a weeknight meal you're crossing your fingers kids will eat, mealtimes bring us together. And with safe, natural ingredients, you can enjoy your meals even more.

Essential oils offer a world of flavors to help make food feel even more magical.

In this eBook, you'll learn more about why people choose to cook with essential oils, what safety measures and best practices exist, and even which ideas and recipes for cooking with essential oils you can try.

Let's get started. We can't wait to see what magical meals you cook up in your kitchen.



Chapter one

Why Cook with Essential Oils?

One of the greatest benefits of essential oils is their wide range of uses. With so many natural products with unique benefits, you can incorporate them into nearly every area of your daily routine and lifestyle.

Essential oils can help contribute to a healthy lifestyle, create an optimal environment for sleep, beautify the skin and hair, create a soothing massage, repel insects naturally, cleanse surfaces around the home, and more. Cooking, eating, and drinking are such intrinsic parts of everyday life, so it should be no surprise that essential oils are effective in the kitchen.

With so many delicious options for spices, seasonings, and extracts on the market to enhance food, you might be wondering, *Why should I cook with essential oils?* Cooking methods often depend on diet and personal preferences, but anyone can enjoy the benefits of cooking with essential oils. Not only will they give any meal a powerful flavor, but essential oils also allow you to enjoy any internal health benefits they may provide. Plus, they offer a safe, natural way to flavor your food and are convenient when fresh ingredients aren't available.





They Offer Added Flavor

Essential oils are naturally potent and powerful because they're 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 they're so powerful, it doesn't take much to add an extra kick of flavor to your favorite entrées, beverages, meats, desserts, and more.



They Provide Internal Benefits

Frequently used for their internal benefits, essential oils provide a straightforward way to promote wellness in the body.* Depending on the product, you can use essential oils to promote healthy digestion, cleanse the body, support healthy function of bodily systems, and provide the body with antioxidants, among other internal benefits.* When you add an essential oil to your food or drink, not only will you experience its powerful flavors, but you can also enjoy any internal benefits it has to offer.

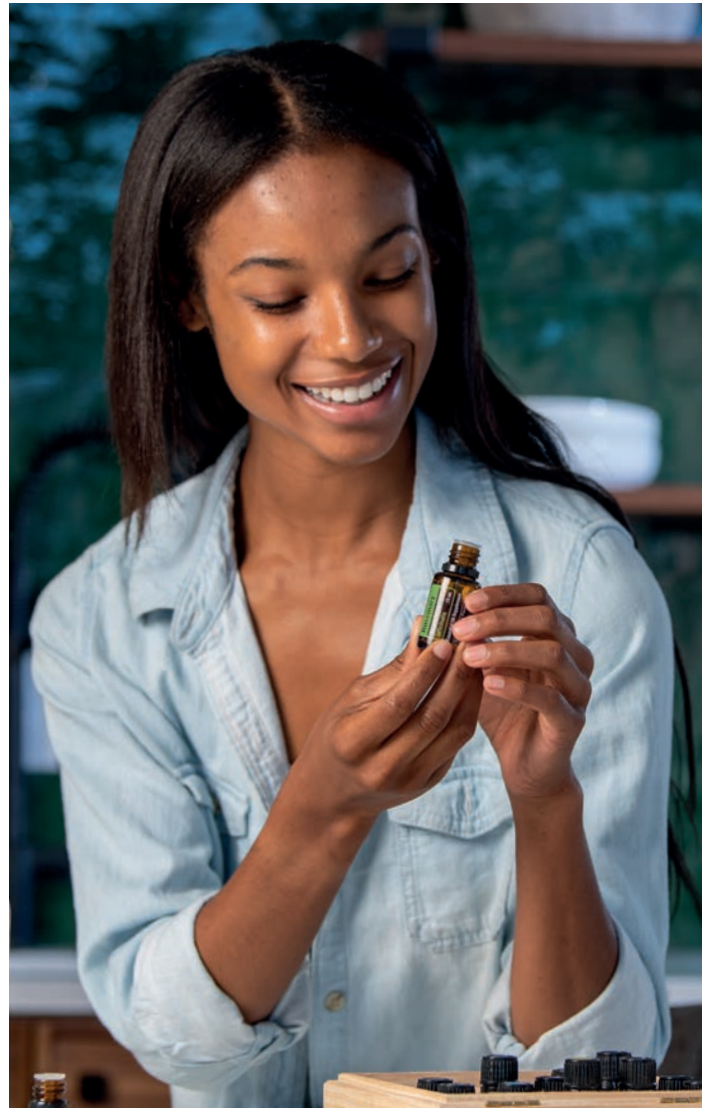
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They Have Safe, Natural Ingredients

While plenty of spices, seasonings, and extracts are 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'll not only have endless options for making healthy and creative meals, but you can also rest easy, knowing exactly what you are putting into your food.

As mentioned, essential oils are taken directly from natural sources, without processed or harmful ingredients. Remember, not all essential oils are created equal, and some companies use fillers or synthetic ingredients in their products. By using pure essential oils in your cooking, you can enjoy the benefits of natural flavors and ingredients.



They Are Convenient

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 just used your last lemon or didn't have time to run to the store to buy fresh basil. Plus, it can be difficult to find fresh ingredients throughout the year, since some herbs, spices, and fruits are only available in certain seasons.

Along with 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 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 use them before their expiration date. While fresh ingredients are still wonderful for enhancing your cooking, essential oils provide a convenient way to add flavor when you need it.

Chapter two

Is Cooking with Essential Oils Safe?

While some people are skeptical about consuming essential oils, the practice has been around for centuries and isn't a new fad.

The key to proper use is following safety guidelines. Like anything you put in your body, essential oils only present risks when used improperly or disproportionately. We'll discuss important safety guidelines for cooking with essential oils in more detail in Chapter 3.



Essential Oils Are Already 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 your diet, which makes it safe for the body to consume essential oils internally and process them properly. Because your body can process and metabolize essential oils, cooking with them is a simple way to enrich the food you eat.



Choosing Essential Oils That Are Safe for Internal Use

Before adding essential oils to your food, make sure each one you intend to use has been approved for safe consumption and internal use. Always pay close attention to the labels and directions on your bottles to determine whether the essential oil can be used internally.

dōTERRA also includes application guidelines in the form of a lettering system on essential oil product information pages, as well as other webpages and marketing materials. An “A” indicates that an essential oil is safe for aromatic use. The letter “T” stands for topical use, and “I” stands for internal. Essential oils that can be used aromatically, topically, and internally include all three letters on the label or product page. If you plan to cook with an essential oil, that would fall under internal use. Check the bottle’s label for usage directions and to confirm it’s safe for internal use. You can also check the dōTERRA product page to make sure you see an “I,” meaning it can be safely taken internally.



Aromatic Use



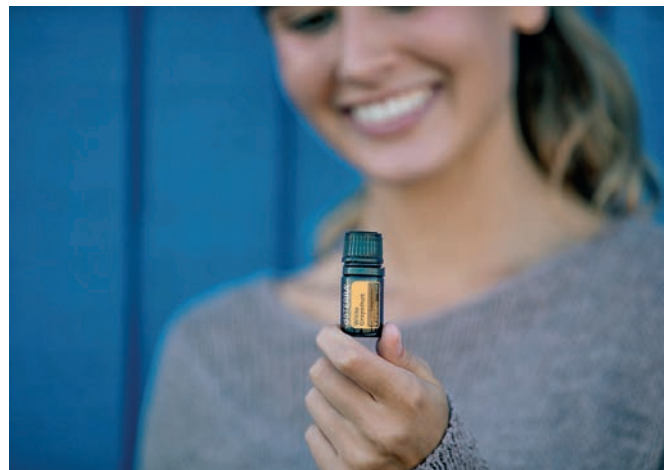
Topical Use



Internal Use

Not All Essential Oils Are Internally Safe

While many essential oils can be enjoyed internally, not all of them are approved for this kind of use. Because of their chemical makeup, some essential oils should never be added to food or used internally in any amount. Always check labels and instructions to ensure the essential oil is meant for internal use.



High-Quality, Tested Essential Oils Are Safe to Consume

As previously mentioned, not all essential oils are created equal. Certain essential oil companies add fillers or substitutions to their products, which lowers their efficacy, potency, and purity. dōTERRA uses the CPTG® process to ensure our essential oils are safe to use. During several rounds of rigorous testing, dōTERRA essential oils are closely examined to ensure they don't contain any contaminants or harmful substances, which isn't something all distributors do to assure quality.

Before you use essential oils in your cooking, you should know how they've been produced. Have they been carefully harvested and distilled? Have they been tested for possible contaminants or harmful substances? If you plan to cook with them, you should only use high-quality, thoroughly tested essential oils, which will provide you with peace of mind and the best results.



Chapter three

Best Practices

How you use essential oils for cooking will depend on your personal taste, what kind of food you're making, and which essential oil you're using. By following a few simple guidelines, you can easily enjoy the benefits of cooking with these gifts of the earth.

Essential Oils and Cooking with Heat

Because essential oil chemistry is easily affected by temperature, some people worry that cooking with heat may lessen the efficacy of the product. Cooking with heat can evaporate essential oils, so add the essential oil at the end of the recipe or after the dish has had time to cool, if possible. The less time the essential oil is exposed to heat, the more flavor it'll retain.

However, it's not always possible to add the essential oil later, especially when it comes to baking or steaming. If your recipe requires you to bake, steam, simmer, or boil, and you can't add the essential oil at the end, simply add a larger amount of the oil, since some of the flavor will be cooked out. If you do plan to add the essential oil when your dish has been removed from heat, a much smaller amount will be needed. When you add a strong essential oil like Oregano or Basil, adding the oil early and letting it simmer or evaporate produces a milder, more pleasant flavor.



Cookware

When cooking with essential oils, use cookware that's stainless steel, ceramic, or glass, because essential oils can damage certain types of plastic. When mixing ingredients that contain essential oils, avoid plastic mixing bowls or containers, opting instead for glass, ceramic, or stainless steel to protect and preserve your cookware.



Measurements

The amount of essential oil you add to any given recipe depends on which kind you're using; your personal taste preferences; whether you're substituting for raw, fresh, or dried ingredients; the number of servings you're making; and more.

While it'd be nice to know the exact amount of essential oil to add to a recipe, so many variables are involved in cooking that it's more about experimentation and trial and error. You might need a little practice cooking with essential oils before you have a good idea of how much to add to specific recipes, matching your flavor preferences. While there's no fool-proof measurement guide for cooking with essential oils, a few guidelines will help as you experiment.

The Toothpick Method

Cooking with essential oils is so convenient because it takes far less of an essential oil to flavor your food than you'd need if you were using dry seasonings, spices, or flavoring agents. Because essential oils are so potent, even the tiniest amount can add serious flavor to your dish. Even a single drop of an essential oil can be overpowering, especially if it's particularly strong.

When you first experiment with essential oils and cooking, try the toothpick method: dip the tip of a clean toothpick into the essential oil bottle and stir the dipped toothpick into your ingredients. Doing so will allow you to add the smallest possible amount of essential oil, so 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 essential oil. This is the safest way to slowly add flavor to your dish.

Potent Essential Oils

Some essential oils that have been approved for internal use are still incredibly potent and must be altered or modified before internal consumption. Cassia, Cinnamon Bark, Clove, Cumin, Oregano, and Thyme are a few examples of essential oils that are extremely potent. You should always employ the toothpick method when using these oils and others like them for cooking.

All potent essential oils should also be properly diluted when added to beverages. To ensure proper dilution, use at least four ounces of liquid when including any particularly strong essential oils.

How Much to Add

As mentioned before, the amount of essential oil you add to your dish will depend on many variables such as the recipe you're making, how many servings you make, what kind of essential oil you're using, and your personal taste buds. In most cases, consider starting with the toothpick method, and then slowly add more essential oil to the recipe.

Once you have a little experience cooking with essential oils, you can better gauge how much of one to add to a recipe, then you won't have to taste the food each time after adding a toothpick's worth. In some cases, it's appropriate to add an entire drop (or several drops) of an essential oil, but just remember that once you've added an essential oil to your dish, you can't take it back. You can always add more oil. Use caution when adding essential oils to your meals and stick to the toothpick method until you feel comfortable.

Don't Use Directly in the Dish

Once you've decided how much of an essential oil to use in a recipe, don't add it directly to the dish, bowl, or pan; rather, place a drop (or several drops) onto a spoon first. When pouring essential oils, more than one drop may sneak out of the bottle, so if you were to hold the bottle directly over your dish, you might get more than you intended. By pouring the essential oil into a spoon first, you can ensure you get exactly one drop (or whatever amount you need), which you can then add to the dish.

If you find it difficult to get exact amounts when cooking with essential oils, consider using an oil dropper to give you precise droplets. Remember to put the lid on your essential oil bottles when you're not using them during the cooking process. Cooking can get messy, so ensuring the lid is on your bottles will prevent you from accidentally knocking one over and losing precious essential oil.

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



Toothpick Method

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



One Drop

Is 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 a drop (or several drops) onto a spoon or use a dropper for exact droplet amounts.



Essential Oil Flavor Guide

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

Citruses

Citrus oils add a sweet, refreshing flavor to drinks like tea, water, or smoothies and brighten up any baked goods recipe like scones, muffins, or cookies. Citrus oils also add flavor to yogurt or your favorite dips and salsa recipes. Consider using these essential oils in recipes that call for lemon, lime, orange, or tangerine zest. If the recipe calls for an entire fruit's zest, you'll likely need a few drops of essential oil to match the amount of flavor. Remember, citrus oils are taken from the peel of the fruit, not the juice. You can easily substitute citrus oils for recipes that call for fruit zest, but not necessarily for ones that call for fruit juice.

Common Essential Oils: Bergamot, Grapefruit, Lemon, Lime, Tangerine, Wild Orange

Effective Mealtime Uses: Beverages, baked goods, yogurt, dip, salsa, zest

Flavor Descriptions: Bright, sweet, tangy, refreshing



Spices

Spicy oils create an extra boost of flavor for your dishes. Essential oils like Black Pepper and Ginger enhance natural flavors when cooking, and ones like Fennel and Coriander add extra flavor to both sweet and savory recipes. Cinnamon Bark and Cassia are strong and spicy and make great additions to sweet recipes for baked goods or breakfast foods. Keep in mind that all these spicy oils are extremely potent, so you only need a tiny bit of oil to add powerful flavor. Knowing this, always start with the toothpick method when adding any of these essential oils and taste-test as you go.

Common Essential Oils: Black Pepper, Cassia, Cinnamon Bark, Coriander, Ginger, Fennel

Effective Mealtime Uses: Enhancing natural flavors, vegetables, meat marinade, sweet and savory dishes

Flavor Descriptions: Hot, sharp, spicy, sweet, warm



Herbs

People have added flavor to dishes with fresh or dried herbs for centuries. While this is an effective method for enjoying certain flavors, not only do essential oils come in handy when you don't have access to fresh herbs or dry seasonings, but they also deliver serious flavor.

These herbal oils can be substituted for dry or fresh herbs in a recipe and even make wonderful contributions to your favorite Italian dishes, soups, breads, pastas, potatoes, meat marinades, and more. Like with dry or fresh herbs, you can also use several of these herbal oils in a single dish to make a bouquet of flavors. Just remember, many of these essential oils are extremely potent and should be added to foods via the toothpick method to ensure you don't overpower and ruin the dish.

Florals

Though floral oils are more commonly used in beauty products and fragrances and less often in cooking, certain ones can help add an unexpected twist of flavor to light desserts like cookies, cakes, jellies, and teas. Because of their sweet, powdery nature, floral oils can also soften and balance powerful citrus flavors in recipes. Floral oils are extremely potent, and therefore only tiny amounts should be added when cooking using the toothpick method.

Mints

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

Common Essential Oils: Basil, Cilantro, Marjoram, Oregano, Rosemary, Thyme

Effective Mealtime Uses: Substituting for dry or fresh herbs, Italian dishes, meat marinade, soup, bread, pasta, potatoes

Flavor Descriptions: Herbal, fresh, sharp, warm



Common Essential Oils: Lavender, Geranium

Effective Mealtime Uses: Softening citrus flavors, adding a twist to plain recipes, desserts, tea

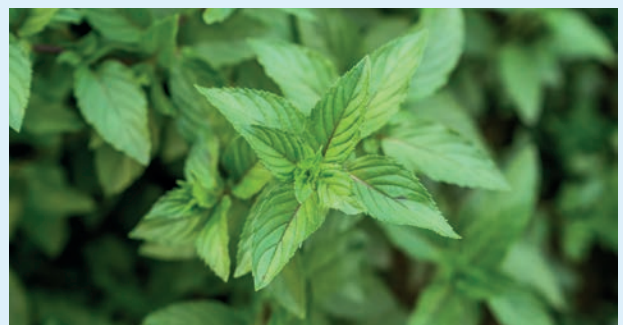
Flavor Descriptions: Light, powdery, sweet



Common Essential Oils: Peppermint, Spearmint

Effective Mealtime Uses: Beverages, desserts, salads, certain meats

Flavor Descriptions: Minty, cool, refreshing, sweet



Chapter four

Essential Oil Recipes

Now that you've learned about the best practices for cooking with essential oils, we want to give you a few ideas that will help you get started.

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.

Water

Whether you're looking for a creative way to increase your daily water intake, cutting down on sodas or sugary drinks, or wanting to reap the internal benefits of a particular essential oil, adding essential oils to your water is one of the most effective ways to meet your goals, while enjoying a tasty drink.



- Add a drop or two of Lemon to a glass of water when fresh lemons aren't available.
- If you're trying to drink fewer sodas or sugary drinks, add essential oils like Grapefruit to your water for powerful flavor.
- Add invigorating essential oils like Peppermint or Wild Orange to your water in the morning to give you a refreshing jump start.
- Add one drop of Cinnamon Bark with honey to hot water and sip slowly to soothe the throat.*
- Place a drop of Lime in a glass of water for enhanced flavor.
- Combine Peppermint and Lemon in your water glass and drink to freshen the breath.

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

Tea

If you like drinking tea, essential oils provide a natural way to flavor your beverage, making teatime infinitely more fun. Only a small amount of essential oil will be required to provide your tea with potent flavor, so make sure you don't add too much, especially if you're drinking from a small cup or using strong oils.

Other Beverages

You can add essential oils to almost any beverage to enhance the flavor. Essential oils work well in smoothies, slushies, lemonades, hot chocolate, and many more of your favorite drinks.

dōTERRA *Ginger Pear Green Smoothie* with *Ginger Essential Oil*

Ingredients:

- 1 heaping cup fresh spinach
- 1 heaping cup pears, diced (cut fresh pears and freeze for 1 hour)
- ½ cup plain nonfat 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 Ginger essential oil

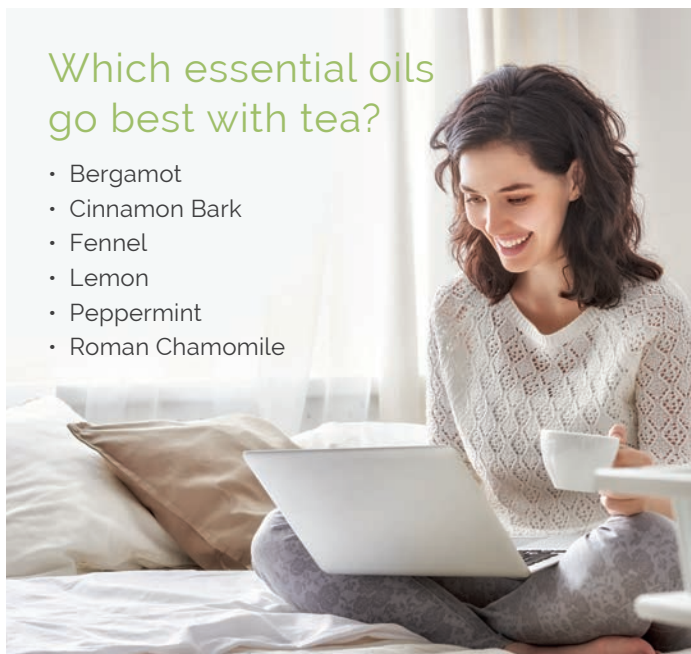
Instructions:

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



Which essential oils go best with tea?

- Bergamot
- Cinnamon Bark
- Fennel
- Lemon
- Peppermint
- Roman Chamomile



dōTERRA *Raspberry Limeade* with *Lime Essential Oil*

Ingredients:

Raspberry Purée:

- 2 cups raspberries
- ½ cup sugar or honey
- 1 cup water

Drink:

- Limes
- Sparkling water
- Ice
- 1–2 drops Lime essential oil

Instructions:

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

Baked Goods

Baking with essential oils can 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 a favorite cookie recipe or give a dessert recipe a healthy twist, essential oils will be your new go-to products.

Because heat will evaporate essential oils, remember to add a little more to your dough or batter before placing it in the oven. Keep in mind that strong oils should still be used in small amounts, but those with a milder chemistry can be used generously to ensure the flavor survives the baking process.

dōTERRA Herb Bread *with Rosemary Essential Oil*

Ingredients:

- 4 cups flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- ½ cup milk
- 1 cup butter, melted
- 2 drops Rosemary essential oil
- Dried thyme herbs

Instructions:

1. Preheat the oven to 450°F and grease a baking sheet.
2. Stir together the flour, salt, baking powder, milk, melted butter, dried herbs, and Rosemary essential oil.
3. Knead the dough until smooth.
4. Roll out the dough and cut into 6-inch triangles. Brush with melted butter.
5. Bake for 15 minutes or until golden brown.



dōTERRA Blueberry Orange Muffins *with Wild Orange Essential Oil*

Ingredients:

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

Instructions:

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



Salsa

Adding essential oils to a salsa recipe not only enhances the flavor, but it also saves time when you don't have fresh ingredients. For example, if you don't have time to run to the store to buy 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 without any extra effort or cooking time.

dōTERRA Pineapple Nectarine Salsa with Lime and Cilantro Essential Oils

Ingredients:

- 1 pineapple, diced
- 2 small nectarines, diced
(you can add more if you prefer)
- ½ cup cilantro, chopped
- ½ cup red onion, diced (about half a medium onion)
- 3 teaspoons sea salt
- 5 drops Lime essential oil
- 2 drops Cilantro essential oil

Instructions:

1. Mix all the ingredients together.
2. Allow the salsa to sit and chill for at least 4 hours before eating to allow time for the flavors to marinate.
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 after-school snacks; or want to mix up your favorite game night dip recipe, adding essential oils to dips and sauces is an easy way to bring more flavor to the table. Essential oils taste great in hummus, chip dip, spread, and more. Adding a drop of essential oil to pesto or marinara can liven up any plain pasta recipe. Because dips and sauces are often served in small portions, add essential oils via the toothpick method to ensure you don't overpower the recipe.

dōTERRA Rosemary Lemon Hummus with Lemon and Rosemary Essential Oils

Ingredients:

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

Instructions:

1. Blend all the ingredients in a food processor until smooth.
2. Chill in the refrigerator for 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 any salad, essential oils can add a refreshing, healthy, or invigorating punch of flavor. Whether you're making a traditional green salad, chicken salad, pasta salad, quinoa salad, potato salad, or anything in between, a dash of essential oil can take any ordinary salad to the next level. If you like to make your own salad dressing, essential oils are easy to incorporate into recipes, especially for oil-based dressings. Because many salad recipes require cooling time in the fridge, know 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 essential oils just before serving to ensure the flavor isn't too strong.

dōTERRA Strawberry Almond Salad and Raspberry Lime Vinaigrette with Lime Essential Oil

Ingredients:

Strawberry Almond Salad:

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

Raspberry Lime Vinaigrette:

- 1 pint fresh raspberries
- 1 tablespoon honey
- 2 tablespoons Dijon mustard
- 2 tablespoons red wine vinegar
- ¼ cup olive oil
- 2–4 drops Lime essential oil

Instructions:

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.

dōTERRA Pear Gorgonzola Salad with Basil Essential Oil

Ingredients:

Salad:

- 2 red Anjou pears
- 6 cups spinach
- ½ cup walnuts, chopped
- ⅓ cup gorgonzola

Vinaigrette:

- ½ cup olive oil
- ¼ cup white balsamic vinegar
- 1 tablespoon honey Dijon mustard
- Dash of Himalayan salt
- 1 toothpick Basil essential oil

Instructions:

1. Blend together the olive oil, white balsamic vinegar, honey Dijon mustard, and Himalayan salt.
2. Add the Basil essential oil (Start with one toothpick to taste.)
3. Once the dressing is flavored to your liking, toss the vinaigrette with the salad ingredients. Serve immediately.

Tip: Make the vinaigrette a day ahead and chill in the refrigerator to give the flavors a chance to mingle.



Marinades

Because essential oils can provide sweet, savory, and potent flavors, they make excellent additions to your favorite marinades. The amount of essential oil you add to your marinade will depend on what you're marinating, how long the food will marinate, and how much liquid the marinade has. However, it's best to add a small amount of essential oil to your marinade, starting with one drop for most essential oils and working your way up from there.

Which are the best essential oils for marinades?

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

- Basil
- Black Pepper
- Cardamom
- Cilantro
- Cumin
- Fennel
- Ginger
- Lemon
- Lime
- Marjoram
- Oregano
- Rosemary



Chili Lime Marinade

with Lime Essential Oil

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

Sweet and Sour Marinade

with Wild Orange Essential Oil

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

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

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

Seasoning

While essential oils on their own add plenty of flavor to any food or beverage, you can also combine essential oils with dry herbs and seasonings to create powerful seasoning blends.

Rosemary Garlic Rub

Ingredients:

- 1 tablespoon salt
- 1 teaspoon onion powder
- 1–3 drops Rosemary and Black Pepper essential oil
- ½ cup olive oil
- 5 garlic cloves, diced

Instructions:

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

Chipotle Seasoning Blend

Ingredients:

- 1 teaspoon chili powder
- ½ teaspoon salt
- ½ teaspoon paprika
- 2 garlic cloves
- 1–1½ tablespoons olive oil
- ¼ teaspoon pepper
- ½ teaspoon onion powder
- 1 toothpick Cumin essential oil
- 1 drop Lime essential oil
- 1 toothpick Cilantro essential oil (optional)

Instructions:

1. Mix all the ingredients together and use to flavor taco meat, chicken, or pork.

Italian Seasoning Blend

Ingredients:

- 2 tablespoons garlic salt or 1 clove garlic
- 1 drop or toothpick Basil, Thyme, Marjoram, Oregano, or Rosemary (or any combination of these essential oils)

Instructions:

1. Mix all the ingredients together and use for your favorite Italian pasta, soup, sauce, or meat recipes.

Essential Oil–Flavored Sugar

Ingredients:

- 2 tablespoons sugar
- 1–3 drops Wild Orange, Tangerine, Lemon, Grapefruit, Bergamot, or Lime essential oil

OR

- 1 toothpick Cinnamon Bark or Cassia essential oil

Instructions:

1. Combine the essential oil and sugar, stirring. Sprinkle into tea, coffee, oatmeal, or lemonade or over toast.

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)

Instructions:

1. Mix the ingredients together and use to flavor chicken, pork, vegetables, or soup.

Conclusion

The Possibilities Are Endless

You've learned about the best methods for cooking with essential oils, so now it's time to practice.

As you experiment with flavors and recipes, you'll see how easy it is to brighten any dish with the power of nature.

By always observing safety guidelines and being willing to discover as you go, you can transform the way you eat, drink, and cook with help from essential oils.



*Are you ready to continue your essential oil journey?
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