

# Cooking With Young Living Essential Oils

## Essential Oils Are More Potent Than Dried and Fresh Herbs

Being concentrated, the essential oils contain virtually all of the plants healing nutrients, oxygenating molecules, amino acid precursors, coenzyme A factors, trace minerals, enzymes, vitamins, hormones and more. And because they are concentrated, Essential Oils are from 50 to 70 times more therapeutically potent than the herbs or plants they are derived from.

Unlike dried herbs, which lose up to 90% of their healing nutrients and oxygen molecules, essential oils do not. Best of all, 100% pure, therapeutic Grade A Essential Oils are freely available and safe for cooking and home use.

Essential oils have a chemical structure that is similar to human cells and tissues. This makes essential oils compatible with human protein and enables them to be readily identified and accepted by the body.

## Essential Oil Cooking Tips:

**Which oils are safe to use for cooking?** Rule Number 1: Only use therapeutic-grade essential oils. Read the list of *GRAS & FA Cooking List* as not all essential oils are good to use in cooking.

**For stronger spice oils** - such as basil, cinnamon, marjoram, nutmeg, oregano and thyme - dip a toothpick in a bottle of essential oil and stir it in the recipe after cooking. It is an excellent way to flavor food. Remember, only 2 drops of an essential oil is equivalent to a full bottle (2 oz size) of dried herbs.

**For a more subtle flavor and/or those smaller portions:** remove the inserted plastic dripping cap off the bottle of essential oil and dip a tooth pick into it, then swirl the essential oil dipped tooth pick in your food.

**Essential oils should be diluted/mixed** in vegetable oil, Blue Agave syrup, almond or rice milk prior to ingestion and/or in recipes as this helps to disperse the essential oil more effectively. As a general rule, dilute 1 drop of essential oil in 1 teaspoon of honey, Blue Agave Syrup, or in 2 ounces of a beverage. (Honey should not be given to children under 2 years of age.)

**Essential oils used in recipes:** Add the essential oil right before serving. The heat will evaporate essential oils with the steam. With a few oils that are too strong - such as basil, oregano and rosemary - simmering will produce a wonderfully subtle bouquet that is wonderful.

**Essential Oils for Weight Control:** The sense of smell is responsible for 90% of our taste. Research has found that by inhaling a culinary scent, such as an essential oil, regularly throughout the day, especially when hungry, can suppress our desire to taste and therefore eat. By inhaling an aroma 6 times in each nostril, the epistat in our brain that controls hunger gets switched off. For best results, change oils daily for variety. Warning: If a culinary aroma is inhaled only briefly, the reverse effect can occur; appetite can be stimulated.

## Ideas for Cooking With Essential Oils:

**Salad Dressings and Dipping Oils:** basil, clove, dill, fennel, ginger, lavender, lemon, orange, rosemary, spearmint, tarragon & thyme.

**Meat – Sauces & Rubs:** basil, dill, fennel, ginger, lemon, lemongrass, marjoram, orange, pepper, rosemary, savory, sage, tarragon & thyme.

**Cakes, frosting, puddings, fruit pies:** cinnamon, ginger, grapefruit, lavender, lemon, nutmeg, orange, peppermint, rose, spearmint & tangerine.

**Pie Crusts:** Young Living's *V-6 Mixing Oil* is reported to make very flaky crusts.

**Herbal Teas:** chamomile, cinnamon, ginger, lavender, lemon, peppermint, rose, spearmint & valerian. Wait until your tea water has cooled enough before adding "a" drop as this will help retain the beneficial properties/nutrition of the essential oil.

**Refreshing Drinks:** lemon, grapefruit, orange, peppermint, rose, spearmint & tangerine.

**Flavored Honey:** basil, chamomile, cinnamon, clove, ginger, grapefruit, lavender, lemon, lime, orange, peppermint, rose, spearmint, tangerine. You will need to warm the honey slightly so you can stir in the essential oil.

## Try Adding Essential Oils in Favorite Recipes:

Spice up ginger snap cookies with ginger, cinnamon, clove, or nutmeg. Toothpick application is preferred.

To your regular sponge or bundt cake, add lemon, orange, or tangerine oil.

Peppermint or spearmint oil can be added to chocolate cake, brownie, or frosting recipes.

To pumpkin pie or spice cake recipes, add nutmeg, cinnamon, clove, or ginger.

Add oregano, marjoram, thyme, or basil to tomato sauces, pizza, ravioli, and lasagna recipes. Toothpick method of application is preferred.

## For more information or ordering contact Young Living Distributor:

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Essential Oil Blog: <http://TheVeryEssenceBlog.com>

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