

Culinary ESSENTIAL OILS

Many of our essential oils are perfect for culinary use. Our newly expanded line of culinary essential oils can be added to your favourite recipes for a delicious kick of concentrated flavour. Be sure to look for old favourites as well as new essential oils in this category.



BASIL

Fresh & herbaceous

Add 1-2 drops to your favourite tomato sauce recipe.



BERGAMOT

Light & citrusy



BLACK PEPPER

Rich & spicy

Add 1-2 drops to a recipe to spice it up.



CARDAMOM

Warm & spicy

Use the toothpick method when adding this essential oil to recipes*.



CARROT SEED

Earthy & herbaceous



CELERY SEED

Earthy & grassy



CILANTRO

Fresh, citrusy & earthy

Use the toothpick method when adding this essential oil to recipes*.



CINNAMON BARK

Hot & spicy

Use the toothpick method when adding this essential oil to recipes*.



CITRUS FRESH

Strong & citrusy



CORIANDER

Sweet, nutty & a little spicy

Add 1-2 drops to a Thai inspired dish.



DILL

Warm, aromatic & slightly bitter



FENNEL

Sweet & spicy

Add 1-2 drops to your favourite recipe.



FRANKINCENSE

Woody & balsamic notes.



GERANIUM

Sweet, floral & earthy



GERMAN CHAMOMILE

Sweet and fruity

Add 1-2 drops to a beverage for an apple-like taste.



GINGER

Warm & spicy

Use the toothpick method when adding this essential oil to recipes*.



GRAPEFRUIT

Sour & tangy

Add 1-2 drops to water to add a refreshing twist to your beverage.



JADE LEMON

Uniquely lemon-lime



LAURUS NOBILIS

Spicy & aromatic



LAVENDER

Floral & earthy

Disclaimer

*Follow label instructions. With recipes that include less than 1 teaspoon of a herb or spice, dip a toothpick in the oil and then swirl it in the recipe to blend it with other ingredients. Because Cardamom, Cilantro, Cinnamon Bark, Ginger, Parsley and Nutmeg essential oils are stronger than their companion spice, use the toothpick method when adding to recipes.



LEMON

Citrusy, sweet & sour

Add 1-2 drops to a favourite beverage.



LEMONGRASS

Aromatic & light with a hint of spice

Add 1-2 drops to a Thai-inspired dish.



LEMON MYRTLE

Sweet & sour



LIME

Light & citrusy

Add 1-2 drops to your favourite guacamole recipe.



MARJORAM

Herbaceous & spicy



MELISSA

Sweet, citrusy with a hint of mint

Add to salads, vinaigrettes and seafood dishes.



NUTMEG

Warm & spicy

Use the toothpick method when adding this essential oil to recipes*.



OCOTEA

Earthy & aromatic



ORANGE

Citrusy & light

Add 1-2 drops to your favourite beverage to freshen.



OREGANO

Strong & herbaceous

Add 1-2 drops to your favourite Italian recipe where oregano is needed.



PARSLEY

Light, herbaceous & aromatic

Use the toothpick method when adding this essential oil to recipes*.



PEPPERMINT

Cooling & slightly spicy

Add 1-2 drops to flavour a cocoa recipe for a cool twist.



ROSE

Floral, aromatic & earthy



ROSEMARY

Strong & woody

Add 1-2 drops in a recipe in replacement of the herb.



SLIQUE ESSENCE

Gentle & sweet

Add to water, NingXia Red or Slique™ Tea as a gentle sweetening agent.



SPEARMINT

Cooling & softer than peppermint



TANGERINE

Sweet & citrusy

Add 1-2 drops to your favourite beverage to freshen.



TARRAGON

Spicy with an undertone of anise



THYME

Spicy, warm & herbaceous

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CULINARY OILS with *Chef Kate*

Culinary Oils Brand Ambassador and Chef-To-The-Stars

CREATE FOOD WITH AMAZING FLAVOUR!

Check out Chef Kate's recipes featuring Young Living culinary essential oils on the Brand Ambassador Page or on the Lavender Life Blog

YoungLiving.com.au or YoungLiving.co.nz > Company > Brand Ambassadors

or

YoungLiving.com/blog/Australia
YoungLiving.com/blog/New-Zealand

