# Cassia

### Cinnamomum cassia 15 ml

# dōTERRA EUROPE

PRODUCT INFORMATION PAGE



### **PRIMARY BENEFITS**

- Producing similar flavours, Cassia can be used interchangeably with cinnamon in cooking.
- Cassia is also a popular ingredient when making many different appetisers, breads, and desserts.

#### PRODUCT DESCRIPTION

A close relation to Cinnamon, Cassia has a strong, spicy aroma that can be used in small quantities to transform any essential oil blend or spice-filled dessert. Cassia can be used in cooking, either as a replacement for cinnamon in pies and breads, or by itself in a myriad of entrées and desserts.

#### **USES**

- Add one drop Cassia and one drop Lemon to water for citrus spice refreshment!
- Substitute cinnamon for one drop of Cassia oil in recipes to experience the rich, infused flavour.

#### **DIRECTIONS FOR USE**

For food flavouring.

#### **CAUTIONS**

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Keep out of eyes, inner ears, face, sensitive areas, and mucosa. In case of skin contact, dilute generously with a carrier oil.

