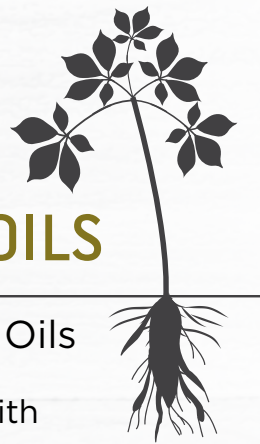


# SPICE IT UP WITH ESSENTIAL OILS



## DIY: Transforming Your Spice Cabinet with Essential Oils

Did you know you can substitute most dry spices and herbs with essential oils? Compared to your ordinary dry herb collection, essential oils are far more potent and flavorful. With just one drop of essential oil added to your favorite recipe, you'll experience a burst of fresh flavor with unique benefits.

### CREATING YOUR FAVORITE FLAVORS WITH ESSENTIAL OILS

**Tip:** Usually, one drop of essential oil is equivalent to two teaspoons of dried herbs. However, it's a good idea to start with less and gradually add more to taste. Dip a toothpick into the bottle and stir into your recipe until you reach the desired flavor. Use a clean toothpick each time you dip into your bottle to keep your essential oils pure!

#### ITALIAN SEASONING BLEND

**Ingredients:**

- Basil essential oil
- Marjoram essential oil
- Oregano essential oil
- Rosemary essential oil
- Thyme essential oil
- 2 tablespoons garlic powder or 1 garlic clove, chopped

**Directions:**

Mix all ingredients into a homemade spaghetti sauce.

#### HERBS DE PROVENCE BLEND

**Ingredients:**

- Thyme essential oil
- Marjoram essential oil
- Rosemary essential oil
- Lavender essential oil
- Fennel essential oil
- 2 teaspoons dried orange zest (optional)

**Directions:**

Add to soups, on chicken, or on roasted vegetables.

#### PUMPKIN PIE MIX

**Ingredients:**

- Cinnamon Bark essential oil
- Ginger essential oil
- Clove Bud essential oil
- 2 teaspoons nutmeg

**Directions:**

Combine all ingredients and mix into a pumpkin pie filling.

#### HERB OIL DIP

**Ingredients:**

- Oregano essential oil
- Rosemary essential oil
- Basil essential oil
- 1 teaspoon crushed red pepper
- 1 teaspoon ground black pepper
- 1 teaspoon granulated garlic
- 1 teaspoon minced garlic
- 1 teaspoon kosher salt
- ¼ cup extra virgin olive oil (or as needed)

**Directions:**

1. Combine all ingredients, except olive oil, on a deep plate or bowl.
2. Pour olive oil over mixture.

#### CARDAMOM TEA

**Ingredients:**

- Cardamom essential oil
- Clove Bud essential oil
- Cinnamon Bark essential oil
- Ginger essential oil
- 2 tablespoons honey
- Milk

**Directions:**

Place all ingredients in three cups of water, heat, but do not boil, for half an hour and strain. Add honey and milk.



#### BLACK PEPPER

Use to flavor your favorite savory dishes.



#### CARDAMOM

Used in Indian and Middle Eastern cuisine. Add to rice dishes, cookies, and teas.



#### CINNAMON BARK

Use in homemade desserts, baked goods, and hot beverages.



#### BASIL

Excellent in pestos or pasta dishes.



#### CILANTRO

Add to fresh salsa, or Pico de Gallo.



#### CLOVE BUD

Add to apple cider, fruit pies, and pineapple glazed ham.



#### FENNEL

Popular in Italian cuisine, meat dishes, marinades, and salad dressings.



#### GINGER

Add to savory and sweet sauces, baked goods, and vinaigrettes.



#### MARJORAM

Try in sauces and marinades.



#### OREGANO

Great addition to pasta sauces, pizza, and chili.



#### ROSEMARY

Mix into your wheat or white bread recipe, or make flavored olive oil.



#### THYME

Delicious in herbed bread and flavored butters.