



ITALIAN BREAD DIP

... Ingredients ...

- 60 ml olive oil
- 1-3 tablespoons balsamic vinegar to taste
- 1/2 teaspoon Italian seasoning
- 1-3 drops Oregano oil
- 1 tablespoon parmesan cheese (optional)

... Instructions ...

1. Gently mix together all ingredients in a bowl large enough to dip into.
2. Dip favourite Italian-style bread into bowl and enjoy.

GERMAN SCHNITZEL WITH BLACK PEPPER OIL

... Ingredients ...

- 2 boneless pork chops
- 110 g all-purpose flour
- 1 tablespoon garlic salt
- 1/2 teaspoon paprika
- lemon wedges
- 3 eggs
- 650 g breadcrumbs (store-bought or homemade)
- 4 tablespoons olive oil
- 1 toothpick Black Pepper oil

... Instructions ...

1. Trim fat from pork chops and cut into 3 cm-thick cutlets.
2. On a cutting board, pound cutlets with a meat tenderiser.
3. In a medium-sized bowl, combine flour, garlic salt, and paprika.
4. In a second bowl, crack and beat the eggs. Add 1 toothpick of Black Pepper oil and stir.
5. Pour breadcrumbs into a third bowl for easy dipping.
6. Using a fork, dip pork cutlets into each bowl in order – first covering with the flour mixture, then the egg, and then the bread crumbs.
7. Add a layer of olive oil to a large pan and place on medium heat. Once oil is hot, add breaded cutlets and cook for about 4 minutes on each side. To check for doneness, pierce through to see if juices run clear.
8. Serve with fresh lemon wedges.



doTERRA
Lemon
Citrus
limon
Essential Oil Supplement
15 ml

SAUTÉED BRUSSELS SPROUTS AND ASPARAGUS

... Ingredients ...

- 1 bundle asparagus
- 300 g Brussels sprouts
- seasoned salt
- 2-3 drops Lemon oil
- 700 ml water
- 2 tablespoons extra virgin olive oil

... Instructions ...

1. Bring water to a boil.
2. Halve Brussels sprouts and add to water. Boil for four to five minutes.
3. While sprouts are cooking, heat up skillet/frying pan.
4. Drain sprouts and add extra virgin olive oil to skillet/frying pan.
5. Add sprouts, sprinkle with seasoned salt.
6. Sauté sprouts for about 3 minutes, then add Lemon essential oil.
7. Add asparagus and toss. Cover skillet/frying pan and let cook, tossing a few times to coat asparagus.
8. Cook until desired tenderness

QUINOA DILL SALAD

... Salad Ingredients ...

- 400 g uncooked quinoa
- 6 sweet baby bell peppers
- 4 mini cucumbers
- 200 g cherry tomatoes
- 50 g feta cheese
- 30 g Greek olives

... Dill Vinaigrette ...

- 175 ml apple cider vinegar
- 170 g Greek yoghurt
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 2 drops Dill essential oil
- 1 pinch of salt
- 60 ml olive oil

... Instructions ...

1. Cook quinoa according to directions on package; let cool.
2. Cut up all vegetables and combine with olives, cheese, and cooked quinoa.
3. Combine all dressing ingredients and blend until smooth.
4. Toss salad with dressing and chill for 1 hour.