

Cilantro

Coriandrum sativum 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

PRIMARY BENEFITS

- Known as a key culinary ingredient, Cilantro oil comes from an herb recognised for its many uses and benefits in the kitchen.
- Formulated from the leaves of the coriander plant, Cilantro has a clearing and clarifying aroma that gives food a fresh and tasty flavour.
- Has light, herbal scent.
- Ideal for homemade dips, sauces, salads and a variety of savour dishes to infuse food with its herbal flavour.

PRODUCT DESCRIPTION

The many uses and benefits of Cilantro have been documented for centuries. Cilantro's culinary uses are endless! Quickly add a fresh, tasty twist to meats, salads, dips, and stir fries. The distinct, herbal flavour is sure to enliven any dish!

USES

- Add to stir fries, salads, and dips to experience Cilantro's distinct flavour.
- Forget about chopping herbed cilantro; make your cooking experience an easy one by using Cilantro essential oil.

COOKING WITH CILANTRO

Essential oils are very potent compared to dry seasonings, spices, or other flavouring agents, so even the tiniest amount can add a serious blast of flavour to your dish. When using Cilantro in cooking, it is best to use the toothpick method – dip the tip of a clean toothpick into the essential oil bottle and stir the toothpick into your ingredients. After you've stirred the toothpick around in the dish, do a taste test to see whether you want to add more of the oil or not.

DIRECTIONS FOR USE

For food flavouring.

CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. Keep out of eyes and mucosa.

