

# Fennel

*Foeniculum vulgare* 15 ml

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PRODUCT INFORMATION PAGE



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## PRIMARY BENEFITS

- Used for centuries in a variety of applications, fennel is known for its distinct liquorice-honey flavour.
- Stimulating, herbaceous flavour ideal for soups, salads and seasoning for savoury recipes.

## PRODUCT DESCRIPTION

Fennel essential oil is well-known and has been used for centuries. Fennel is a sweet-smelling oil with an aroma and flavour that is commonly compared to that of licorice.

## USES

- Take one drop of Fennel in water or tea instead of indulging in sweets.
- Add a toothpick's amount to white bean dips and cucumber salads for a savoury flavour.
- Substitute Fennel oil for Fennel seeds in a cooking recipe for a more flavourful meal.

## COOKING WITH FENNEL

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 Fennel 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 for an authentic anise flavour! 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.

