Fennel
*Foeniculum vulgare* 15 ml

**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.