

# Ginger

*Zingiber officinale* 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

## PRIMARY BENEFITS

- A popular kitchen spice used in many dishes from around the world and known for its warm, earthy aroma.
- Use as a replacement for dried or fresh ginger in sweets like gingerbread and ginger snaps.

## PRODUCT DESCRIPTION

Sourced from Madagascar, dōTERRA Ginger essential oil is derived from the fresh rhizome of the ginger plant – the subterranean stalk of a plant that shoots out the root system. A featured ingredient in many Asian dishes, Ginger has a hot, fragrant flavour when used as a kitchen spice. In Western tradition, Ginger is most often used in sweets like gingerbread and ginger snaps.

## USES

- Use one drop in place of whole ginger in sweet and savoury recipes.
- Ginger oil is very useful for baked goods like banana bread and pies.

## COOKING WITH GINGER

It takes far less of an essential oil to flavour your food than dry seasonings, spices, or other flavouring agents. 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 Ginger 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.

