

# Lemongrass

*Cymbopogon flexuosus* 15 ml

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PRODUCT INFORMATION PAGE



CPTG™

## PRIMARY BENEFITS

- Can be used to add an invigorating flavour to a myriad of recipes from savoury dishes to sweet desserts.
- Brightening to a room with its smoky, citrus aroma.

## PRODUCT DESCRIPTION

Lemongrass produces a smoky, citrus essential oil that offers a variety of benefits to the user. For years, Lemongrass has been used in Asian cuisine for soups, teas, and curries as well as with fish, poultry, beef, and seafood. Lemongrass has a pungent, herbaceous aroma that can brighten any room.

## USES

- Use in Asian cuisine, soups, teas, and curries.
- Blends well with Basil, Cardamom, or Spearmint.

## COOKING WITH LEMONGRASS

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 Lemongrass 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 if additional oil should be added.

## DIRECTIONS FOR USE

For food flavouring.

## CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Keep out of eyes, inner ears, face, sensitive areas, and mucosa. In case of skin contact, dilute generously with a carrier oil.

