

Spearmint

Mentha spicata 15 ml

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PRODUCT INFORMATION PAGE



CPTG™

PRIMARY BENEFITS

- Sweet, minty food flavouring.
- Add to salads, drinks, desserts, salad dressings and marinades.
- Blends well with Lavender, Rosemary, Basil, Peppermint and Eucalyptus.
- A milder option for when Peppermint essential oil is a bit too strong.

PRODUCT DESCRIPTION

Spearmint is a sweet, refreshing herb used as a flavouring around the world. It is widely used in gums, sweets, and dental products for its minty taste, and to promote fresh breath. Spearmint is very different from Peppermint and a milder option to use in food dishes. In cooking, Spearmint is frequently used in salads, drinks, and desserts, but it can also be used in homemade salad dressings and to marinate meats.

USES

- Add one drop of Spearmint oil to desserts, drinks, salads or entrées.
- Make your own refreshing mint lemonade by mixing juiced lemons, water, sugar and a drop of Spearmint Essential Oil
- Give a new twist to your all-time favourite chocolate chip cookie recipe by adding one drop of Spearmint to the dough.

COOKING WITH SPEARMINT

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 Spearmint in cooking and baking, 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. Keep out of eyes and mucosa

