

# Cassia

Oil Natural Flavor 15 mL

dōTERRA®

Product Information Page



**Application:** I | D

**Plant Part:** Bark / Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Warm, spicy, cinnamon

**Main Chemical Composition:** Trans-cinnamaldehyde, cinnamyl acetate

## Primary Benefits

- + Cassia is a powerful spice in the kitchen, use to add flavor to food and beverage.
- + Cassia is a close relative of cinnamon, it can be a substitute for cinnamon in many different foods.

## Product Description

A close relative to Cinnamon, Cassia has a strong, spicy aroma that can be used in small quantities to transform any essential oil blend. Cassia has been used for thousands of years. It's one of the few essential oils mentioned in the Old Testament, noted for its welcome, unmistakable fragrance and calming aromatic properties. Cassia can be used in cooking either as a replacement for Cinnamon in pies and breads or by itself in a myriad of entrées and desserts.

## Uses

- + Use to improve a variety of traditional recipes, such as pies, breads, and other entrees or deserts.

## Directions for Use

**Internal use:** Use 1-3 drops to flavor food or beverages.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, face, and sensitive areas.