



ESSENTIAL OIL
SOLUTIONS
with doTERRA

Summer Recipe Favorites

What should you make sure is on your oil bottle before using it for cooking?

When should you add essential oils to your recipe?

Which materials are best for use when cooking with oils and which ones should you avoid?

What does Glee suggest doing when using “hot oils” like Oregano or Cinnamon in your cooking?

Which of Glee’s favorite recipes are you most excited to try?
