

Cooking with Essential Oils



Can you cook with essential oils? Absolutely!

- Many CPTG oils safe and natural. Many are ingestible.
- Adding essential oils can add flavoring and therapeutic benefits
- Essential oils add a clean, crisp taste alternative to herbs and spices
- Use in the place of your regular spices

What oils to use

Spices	Herbs	Citrus	Mints	Florals
Black Pepper	Basil	Bergamot	Peppermint	Lavender
Cassia	Cilantro	Grapefruit	Spearmint	Geranium
Cinnamon	Marjoram	Lemon		
Coriander	Oregano	Lime		
Ginger	Rosemary	Tangerine		
Fennel	Thyme	Wild Orange		

- **Don't use:** Arborvitae, Cedarwood, Cypress, Douglas Fir, Eucalyptus, Spikenard, Wintergreen, and others (See the labels)
- **Potent oils:** Cassia, Cinnamon, Clove, Cumin, Thyme, and Oregano



How much to use?

- **Several drops** – For large quantities of food. Pour in spoon first or use a dropper.
- **One drop** – Medium to mild chemistry foods. Start small.
- **Less than a drop** – Use a toothpick. Use with potent essential oils. Taste before adding more.

TIPS for cooking with oils

- Add later in recipe to avoid evaporation
- Avoid excess heat, which changes the oil's chemistry
- Use non-plastic cookware
- Test & experiment (start small – use toothpick)



Oil Groups and Uses (top oils)

Spices

- Marinades, Vegetables, Sweet, & Savory
- Enhance natural flavors
- Hot, sharp, spicy, sweet, warm



Herbs

- Substitute for herbs
- Italian dishes, potatoes, soups, pasta, and breads



Citruses

- Baked goods, beverages, yogurt, salsa, and dips
- Adds zest, bright, sweet, and tangy



Mints

- Beverages, desserts, salads, and some meats
- Adds flavors of minty, cool, refreshing, and sweet



Florals

- Softens citrus flavors, recipe twists,
- Beverages, desserts, teas



Many others

- The above are just some examples
- Any oils that can be used internally can be used in cooking and preparing food
- Here are some more: [Cardamom](#), [Clary Sage](#), [Clove](#), [Coriander](#), [Dill](#), [Lemongrass](#), [Juniper Berry](#), [Melaleuca](#), [Rose](#), etc...



Recipes

Spiked Drink Water

Stay hydrated with flavored water

- **Ingredients:** cold water (in glass or metal bottle), essential oil (try [Lemon](#), [Lime](#), [Wild Orange](#), [Grapefruit](#), [Cassia](#), [Fennel](#), [Slim & Sassy](#), [Tea Tree](#), [Peppermint](#), etc.)
- **Instructions:** put 3-5 drops of essential oil into your water.
- **Variation:** add [Cinnamon](#) and honey to hot water for soothing sore throats.

Sunny Morning Smoothie

- **Ingredients:** 1 ripe banana, ½ cup frozen berries, 1 scoop protein mix (optional), fill with almond milk, a [citrus essential oil](#) (3-5 drops)
- **Instructions:** combine ingredients in blender and blend on high for 30-60 sec
- **Variations:** [Mix up essential oils](#), types of fruit (fresh and frozen), and protein mix. Add spinach or greens. Add ice for thickness.

Sparkling Citrus Drink

- **Ingredients:** Selzer or sparkling water, [Grapefruit or Lemon](#) essential oil, and optional sweetener (agave, honey, etc.)
- **Instructions:** mix ingredients, serve chilled or over ice, garnish with sliced citrus or fresh fruit
- **Variations:** try other essential oils: [Lavender](#), [Melaleuca](#), [Peppermint](#), [Wild Orange](#), [Fennel](#), etc.

Hot Chocolate Variations

- **Ingredients:** hot chocolate (prepared), [Peppermint](#) essential oil, optional garnish (cinnamon stick, mint leaves, etc.)
- **Instructions:** add a few drops of essential oil and garnish to a steaming cup of hot chocolate
- **Variations:** try other essential oils: [Cinnamon](#), [Cassia](#), [Cardamom](#), [Orange](#), [Lemon](#), [Pepper](#), etc.

Breakfast Quiche

- **Ingredients:** 5 eggs, ½ cup chopped onions, 1 cup almond milk, salt to taste, toothpick amounts of essential oils: [Black Pepper](#), [Cardamom](#), [Basil](#)...
- **Instructions:** beat well, pour in pan, bake in over at 400 degrees for about 30 min or until solid and golden brown
- **Variations:** add tomatoes, sausage, or bacon

Herb Seasoning Salt

- **Ingredients:** 2 tablespoons salt (Himalayan, sea salt, or any unflavored salt you desire), essential oils, salt shakers
- **Instructions:** blend and store in airtight shaker (TIP use old spice bottle)
- **Variations:**
Italian: [Rosemary](#), [Basil](#), [Oregano](#), [Thyme](#) (1 drop each oil)
Asian: [Ginger](#), [Lemongrass](#), [Basil](#), [Black Pepper](#) (optional) (1 drop each)



☐ Almond Herb Crackers

- **Ingredients:** 3 cups almond flour, ½ tsp sea salt, 2 Tbsp grapeseed oil, 2 eggs, toothpick amounts of essential oils: [Rosemary](#), [Thyme](#), [Black Pepper](#)
- **Instructions:** combine dry and wet ingredients separately then mix into a dough, flatten dough, and sprinkle salt on top, and cut into squares. Bake at 350 degrees for 15 min or crispy.
- **Variations:** try other herb oils

☐ Tomato Basil Soup

- **Ingredients:** tomatoes, sautéed garlic and onions, broth, basil (dried or fresh), salt to taste, carrot for sweetener, essential oils: [Basil](#) and [Black Pepper](#)
- **Instructions:** stew tomatoes and blend with sautéed garlic, onions, broth, basil, and softened carrot. Add essential oils, olive oil, salt, and pepper to taste.
- **Variations:** add soft avocado or coconut cream for creaminess

☐ Fresh Zesty Salsa

- **Ingredients:** tomatoes, onions (any type), peppers (any type), a few cloves of garlic, 1-2 limes, olive oil, salt, ground pepper, fresh cilantro chopped, essential oils: [Cilantro](#) and [Lime](#)
- **Instructions:** combine chopped vegetables (mince the garlic), juice from the limes, olive oil, salt, pepper, and essential oils to taste.
- **Variations:** Try adding avocado, peaches, pineapple, or beans

☐ Rosemary Hummus

- **Ingredients:** 2 cups softened garbanzo beans (chickpeas), minced fresh garlic (a few cloves), 2Tbsp olive oil, 2 limes juiced, 2 Tbsp Tahini, salt to taste, ground paprika, and essential oils: 2 drops [Lemon](#), and 1 drop [Rosemary](#)
- **Instructions:** puree garbanzo beans, mix all ingredients, garnish with more olive oil, and paprika, and non-pureed garbanzo beans
- **Variations:** add herbs or peppers

☐ Lime Cilantro Rice

- **Ingredients:** normal ingredients to make rice, 1Tbsp coconut oil, fresh cilantro, lime zest from rind, lime juice, essential oils: 2 drops [Lime](#), toothpick of [Cilantro](#)
- **Instructions:** Cook rice normally adding in the other ingredients. Garnish with more cilantro (fresh)
- **Variations:** try adding black pepper ground and essential oil

☐ Salad Dressing / Vinaigrette

- **Ingredients:** 2/3 cup olive oil, ½ cup vinegar (any type), herbs (most any green herbs to taste), mustard (optional), salt, ground pepper, essential oils (see below)
- **Instructions:** combine and shake
- **Variations:** Essential oils: [Basil](#), [Cilantro](#), [Orange](#), [Grapefruit](#), [Lime](#), [Rosemary](#), [Thyme](#), [Ginger](#), [Fennel](#), [Black Pepper](#), etc.



Lemongrass Chicken

- **Ingredients:** chopped chicken, freshly minced lemongrass, shallots or onions, garlic, salt, olive oil, 3-4 drops [Lemongrass essential oil](#)
- **Instructions:** sauté minced garlic, onions or shallots, and fresh lemongrass, add chicken and other ingredients. Caramelize chicken to taste.
- **Variations:** add fresh cilantro, fish sauce, crushed red pepper flakes, and sweetener

Spiced Spaghetti Sauce

- **Ingredients:** stewed tomatoes, tomato paste, or bottled spaghetti sauce, protein (black beans, minced sausage, or ground beef), sautéed onions, bell peppers, and garlic, herbs, and essential oils (see below)
- **Instructions:** combine ingredients in slow cooker
- **Variations:** herbs and essential oils to use: [Basil](#), [Oregano](#), [Thyme](#), [Rosemary](#), [Marjoram](#), all spice, parsley, bay leaves, red pepper flakes, and related spices.

Balsamic Rosemary Meat Marinade

- **Ingredients:** ½ cup balsamic vinegar, ¼ cup olive oil, 1tsp salt, 2tsp ground pepper, 2 drops [Rosemary essential oil](#)
- **Instructions:** combine marinade ingredients in gallon bag, add fresh meat (chicken, fish, beef, pork...)
- **Variations:** experiment with [flavors of herb and spice essential oils](#) as well as kitchen spices

Flavorful Chili

- **Ingredients:** 3 cups softened beans (red, kidney, pinto, any), 3-4 cups tomato or spaghetti sauce, carrots chopped into thin coins, sautéed garlic and onions, ground cumin, salt, pepper, essential oils: 1 drop [Cumin](#), 1 drop [Black Pepper](#)
- **Instructions:** Add all ingredients to slow cooker for 3-6 hours
- **Variations:** Add ground meat (beef, chicken, turkey...)

Notes:



☐ Lavender Keto Cup Cakes

- **Ingredients:** 1 cup almond flour, sweetener (monk fruit, agave, or honey), 1tsp vanilla extract, ¼ tsp salt, 4 eggs, ¼ cup coconut oil, 2-3 drops of **Lavender** essential oil.
- **Instructions:** mix wet and dry ingredients separately then combine. Pour batter in pan, cook for about 40 min on 350 degrees until golden brown.
- **Variations:** add these elements ¼ cup shredded coconut, ¼ almond extract, 2Tbsp sliced almonds

☐ Harvest Granola

- **Ingredients:** 3 cups rolled oats, ½ cup honey, ¼ tsp salt, ½ tsp nutmeg and cinnamon, ¼ cup coconut oil, 1 tsp vanilla, 1-2 cups nuts, seeds, and dried fruits, about 2 drops of **Cinnamon** or **Cassia**
- **Instructions:** mix wet and dry ingredients separately then combine. Spread out on baking sheet and bake for 15 min on 300 degrees. Toast to your liking.
- **Variations:** Try **different mint, spices, and citrus** essential oils.

☐ Peppermint Fudge

- **Ingredients:** 1 ½ cup coconut oil, 1 cup agave, 1 cup organic cocoa powder, ½ tsp salt, 1/8 scraped out vanilla bean (or 1tsp vanilla extract), 2 drops **Peppermint** essential oil.
- **Instructions:** Warm coconut oil to liquid, combine all ingredients and blend until smooth. Spread in baking dish and place in fridge for hours.
- **Variations:** Try other oils like **Spearmint, Wild Orange, etc.**

☐ Trail Mix or Popcorn

- **Ingredients:** bowl of popcorn or trail mix (nuts and dried fruit like raisins), 1-2 dashes of salt, coconut or olive oil, essential oil, and spices
- **Instructions:** combine salt, oil, and essential oils. Pour over bowl of popcorn or trail mix. Bake 10-15min at 325 degrees.
- **Variations:** Flavor to taste...
Fruity: 4 drops **Wild Orange** essential oil, ½ tsp vanilla extract
Spiced: 2 drops **Cinnamon** essential oil, ¼ ground cinnamon
Hot: 2 drops **Black Pepper**, ground black pepper

☐ Contact Me – Your Wellness Advocate



Ben Balden

☎ 850-460-1214

✉ email@benbalden.com

💻 benbalden.com



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