

# RECIPES with ESSENTIAL OILS

## Tips and Tricks for Cooking with Essential Oils

### Essential Oils ~ Safe for Ingestion

- We only recommend using oils that are 'generally regarded as safe for ingestion' by the FDA. Also, we only recommend adding a few drops of essential oils when cooking and baking. Their flavor is concentrated and very powerful.
- Read more and see a list of the Essential Oils that are Safe for Ingestion [here](#).

### When to Use Your Essential Oils

- Add to Batters - pancakes, waffles, quick breads
- Smoothies - add up to 3 drops of Citrus essential oils to a blender full of smoothies
- Bread Dip - glass or ceramic plate with olive oil with 1 drop of Rosemary essential oil with some cracked pepper and salt
- Coffee or Tea - add a drop or two of essential oil to your cup, to taste
- Cooking - making marinades, sauces, homemade salad dressings

### How to Use Your Essential Oils

- Use glass, ceramic or stainless steel containers, bowls and cookware
- Use glass cups when adding citrus essential oils

### Ways to Add to Your Recipes

- Straight drop of oil to the sauce or batter
- Toothpick swirl of the essential oil

### Best Way to Add Drops to Recipes

- Add drops of essential oils onto stainless steel spoon, over a glass or ceramic bowl. Oils can drop out quickly and you don't want to add too many drops.
- Add a clean toothpick into the essential oils container and then swirl the oil into the sauce, batter, milk or other liquid

### Cooked vs. Raw Essential Oils

- When adding essential oils to the recipe before you cook the food, the essential oils flavors will cook down and reduce slightly.
- When adding essential oils to the recipe after you cook the food, the essential oils flavors will be full and powerful.
- When adding essential oils to a beverage and you don't serve or drink it all right away, the flavors of the oil will steep into the liquid and grow more intense after the first, second and third day.
- Always add 1 drop at a time, to taste.

### How to Store Essential Oils in Pantry

- Store them in a cool, dry place.
- Store them in dark, glass bottles.
- Will last years in your pantry when stored properly.

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## RWEO's Essential Substitution Guide

### Citrus Essential Oils

1 drop **Lemon essential oil**  
for 1 tsp lemon zest

1 - 2 drops **Lemon essential oil** + 1 Tbsp  
water for 1 Tbsp lemon juice

*(Note: same ratio for orange, grapefruit,  
tangerine and lime essential oils in place  
of zest and/or juice)*

### Baking Essential Oils

1 drop **Cinnamon Bark essential oil**  
for 1 Tbsp ground cinnamon

1 drop **Clove essential oil**  
for ½ tsp ground cloves

1 drop **Ginger essential oil**  
for ½ tsp ground ginger

1 drop **Nutmeg essential oil**  
for ½ tsp ground nutmeg

1 drop **Peppermint essential oil**  
for ½ tsp peppermint extract

### Cooking Essential Oils

1 drop **Basil essential oil**  
for 1 tsp dried basil

1 drop **Black Pepper essential oil**  
for ½ tsp black pepper

1 drop **Coriander essential oil**  
for ½ tsp ground coriander  
or ½ tsp ground cumin

1 drop **Dill essential oil**  
for 1 tsp dried dill

1 "swirl" **Oregano essential oil**  
for ½ tsp dried oregano

1 drop **Rosemary essential oil**  
for ½ tsp dried rosemary

1 drop **Sage essential oil**  
for ½ tsp dried sage

1 drop **Tarragon essential oil**  
for ½ tsp tarragon leaves

1 drop **Thyme essential oil**  
for 1 tsp dried thyme