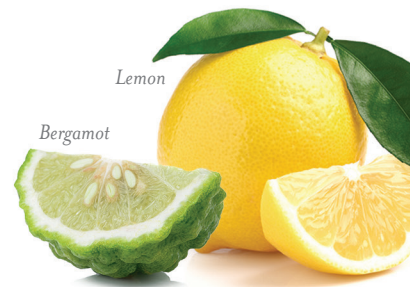


CULINARY ESSENTIAL OILS



Young Living Australia is paving the way for all members with our selection of culinary essential oils. Whether you use the oils in food or beverages, every aspect of daily life can benefit from the incorporation of essential oils.



BASIL

Fresh and herbaceous

Add 1-2 drops to your favourite tomato sauce recipe.



BERGAMOT

Light and citrusy



BLACK PEPPER

Rich and spicy

Add 1-2 drops to a recipe to spice it up.



CARDAMOM

Warm and spicy

Use the toothpick method when adding this essential oil to recipes*.



CARROT SEED

Earthy and herbaceous



CELERY SEED

Earthy and grassy



CINNAMON BARK

Hot and spicy

Use the toothpick method when adding this essential oil to recipes*.



CITRUS FRESH

Strong and citrusy



CORIANDER

Sweet, nutty and a little spicy

Add 1-2 drops to a Thai inspired dish.



DILL

Warm, aromatic and slightly bitter



FENNEL

Sweet and spicy

Add 1-2 drops to your favourite recipe.



FRANKINCENSE

Aromatic and sharp



GERMAN CHAMOMILE

Sweet and fruity

Add 1-2 drops to a favourite beverage for a fruity, apple-like taste.



GINGER

Warm and spicy

Use the toothpick method when adding this essential oil to recipes*.



GRAPEFRUIT

Sour and tangy

Add 1-2 drops to water to add a refreshing twist to your beverage.



DISCLAIMER

*Follow label instructions. With recipes that include less than 1 teaspoon of a herb or spice, dip a toothpick in the oil and then swirl it in the recipe to blend it with other ingredients. Because Cardamom, Cinnamon Bark, Ginger and Nutmeg essential oils are stronger than their companion spice, use the toothpick method when adding to recipes.



JADE LEMON

Uniquely lemon-lime



LAVENDER

Aromatic and earthy



LEMON

Citrusy, sweet and sour

Add 1-2 drops to a favourite beverage.



LEMONGRASS

Aromatic and light with a hint of spice

Add 1-2 drops to a Thai-inspired dish.



LEMON MYRTLE

Sweet and sour



LIME

Light and citrusy

Add 1-2 drops to your favourite guacamole recipe.



MARJORAM

Woody and spicy



NUTMEG

Warm and spicy

Use the toothpick method when adding this essential oil to recipes*.



OCOTEA

Earthy and aromatic



ORANGE

Citrusy and light

Add 1-2 drops to your favourite beverage to freshen.



OREGANO

Strong and herbaceous

Add 1-2 drops to your favourite Italian recipe where oregano is needed.



PEPPERMINT

Cooling and slightly spicy

Add 1-2 drops to flavour a cocoa recipe for a cool twist.



ROSE

Aromatic and earthy



ROSEMARY

Strong and woody

Add 1-2 drops in a recipe in replacement of the herb.



SPEARMINT

Cooling and softer than peppermint



TANGERINE

Sweet and citrusy

Add 1-2 drops to your favourite beverage to freshen.



TARRAGON

Spicy with an undertone of anise



THYME

Spicy, warm and herbaceous

DISCLAIMER

*Follow label instructions. With recipes that include less than 1 teaspoon of a herb or spice, dip a toothpick in the oil and then swirl it in the recipe to blend it with other ingredients. Because Cardamom, Cinnamon Bark, Ginger and Nutmeg essential oils are stronger than their companion spice, use the toothpick method when adding to recipes.



Tangerine

Rosemary