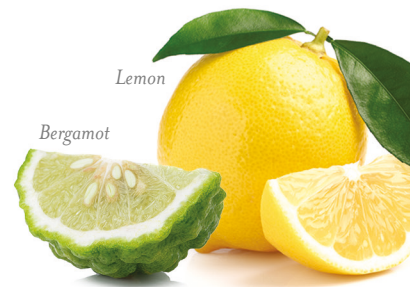


CULINARY ESSENTIAL OILS

Young Living Australia is paving the way for all members with the NEW 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.



Lemon

Bergamot



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.



CINNAMON BARK

Hot and spicy

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



CITRUS FRESH

Strong and citrusy



CLOVE

Warm and aromatic

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



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



GINGER

Warm and spicy

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



GRAPEFRUIT

Sour and tangy

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



JADE LEMON

Uniquely lemon-lime



LAVENDER

Aromatic and earthy



Grapefruit

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 Cinnamon Bark, Clove, Ginger, and Nutmeg essential oils are stronger than their companion spice, use the toothpick method outlined when adding to recipes.



LEMON

Citrusy, sweet and sour

Add 1-2 drops to a favourite beverage.



LEMONGRASS

Aromatic and light with a hint of spice



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 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.



SAGE

Spicy and strong



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

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Tangerine

Rosemary