

The Essential Kitchen

A Beginners Guide to Cooking with Essential Oils
by Nicole Joy



This book is for your general information. It is not intended to be used as medical advice. The information is not a substitute for independent professional advice and should not be used as an alternative to professional health care. Please consult a healthcare professional if you have a particular medical condition, or are concerned about any information presented in this book. By using this book you agree to indemnify the author (Nicole Joy) from and against all actions, claims, suits, demands, damages, liabilities, costs or expenses arising out of or in any way connected to the use of this book by you.

Statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

© Nicole Joy Inspire 2017





Table of Contents

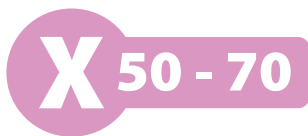
Essential Oils 101	01
Basic Guidelines	07
Blueberry + Lime Smoothie	09
Lavender + Cranberry Cocktail	11
Turmeric Latte	13
Peanut Butter Chai Bliss Balls	15
Salad Dressings	17
Ginger Miso Chicken Salad	19
Ginger Orange Salmon + Radish Salad	21
Wild Orange Brownies	23
Dark Chocolate + Peppermint Ganache Tart	25
How to Save 25% off Your Oils	27
Co-Impact Sourcing	29
Work with Me	31



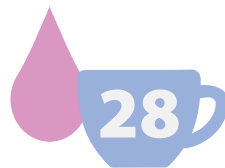
What are essential oils?

Chances are you have experienced essential oils in some way, even if you don't own any bottles of what I like to call 'Mother Nature's liquid gold.' If you've smelled the unique scent of a rose, or the freshly grated peel of a citrus fruit, (or you grew up in the 70's) you've experienced an essential oil. Essentially (pun totally intended!) they are naturally occurring, aromatic compounds derived from plants, hence the previous reference to Mother Nature. These compounds are found in the seeds, bark, stems, roots and flowers and are what gives plants their distinctive smells. They also play a very important role in protecting the plant from any harmful organisms and assist with plant pollination.

A little goes a long way



Essential oils are on average 50 – 70 times more powerful than fresh or dried plants



1 drop of peppermint oil is equivalent to about 28 cups of peppermint tea



It takes about 60 roses to produce 1 drop of rose oil



Pure and Potent

Essential oils seem to be just about everywhere these days. In the supermarket, the chemist, discount stores, at your local markets and of course all over online sites like Amazon and eBay. They may look the same, have pretty little stickers, and possibly smell similar (although cheap and nasty versions often don't!) but I'm telling you, you get what you pay for with essential oils. And if you come across a range of oils that are dirt cheap and sell everything from Lemon and Lime through to Bergamot and Frankincense for the same price, you'll be getting a quality of oil that you may as well throw straight into the bin.

The chemical composition (which is super important as this is where the therapeutic benefits lie) of the oil can greatly vary depending on where the plant is grown, what the weather is like in that region, the quality of the soil, time of harvest, method and duration of distillation - making every step of the production process a critical determinant of the overall quality of the essential oil. If the plant is not grown where it's indigenously meant to (where it naturally grows, not in some big mass produced farm somewhere) if it's harvested at the wrong time of day, season or year, if the distillation method is incorrect – the essential oil will not be of the highest quality – no matter what it says on the bottle.



Quality Control

There is no essential oil brigade that rides around ensuring what people label as pure, **actually is pure**. It is up to the individual company to be honest. Unfortunately, not all of them are.

For the detectives among us, there are a couple of things you can do to ensure the purity and potency of your oils.

- Call the company and ask for copies of their test results. The oils that I use go through a three stage rigorous testing method – from the time of distillation right through to the bottling process.
- Find out if this testing is carried out in a third-party laboratory. (if it's carried out in-house, it's pretty obvious what the findings will be right?)
- Ask for a list of where the oils are sourced from. Almost each oil should be sourced from a different country.

If your questions are met with 'huh?' or you don't get any answers at all, that should pretty much be clue enough about the quality (or lack thereof) of those particular oils.



Which brand?

There are a few reasons that I solely use dōTERRA essential oils.

With the lack of any regulation in the industry, dōTERRA set about a process to ensure the quality of their oils, known as CPTG – Certified Pure Therapeutic Grade. It includes the tests I mentioned before, carried out by a third-party laboratory. So it's not just dōTERRA saying, "Hey guys! We totally have the best oils there is, just ask us!" It's a third-party, external to them saying, "Ah yep, these guys totally have the best oils, and we don't have to say that." Peace. Of. Mind.

You can get a hold of those tests by simply asking for them. Transparency is very important to me in a company, so the fact that I can call up and ask for the batch results of the Lavender oil I just received (not that I actually know what I'd be looking for!) is good news to me.



Is it safe?

The idea that we can incorporate essential oils into our cooking is nothing new. Essential oils – both real and synthetic – have been used to flavour foods for years. Their high anti-oxidant capacity and anti-microbial actions see them as alternatives to conventional chemical additives.

Take a stroll down a typical supermarket aisle and have a look at the ingredients being used in the majority of processed foods. Sugar, colours, numbers, names you can't pronounce. Synthetic, artificial CRAP, that people consume without a second thought. But somebody mentions ingesting essential oils and all hell breaks loose. *(insert face palm emoji here!)*

This *does not* imply that they can be consumed without any regard to safety or quantity. However, when used in cooking, you *might* be consuming up to 2 drops of essential oil in total, that's it! Not 10 – 20 drops in a single serve, that's unsafe and that's not what I'm suggesting.

- Essential oils considered generally safe by FDA are known as GRAS.

GRAS is the Food and Drug Administration's designation for food additives 'Generally Recognized as Safe'.



Why Cook with Essential Oils?

It's easy and it saves money

I love the fact that I have the purest, most potent ginger to use in my stir-fries all year round. When a recipe calls for lemongrass or basil and I can't find it at the farmer's markets, no sweat. I have a little bottle I can call on, that will last up to 5 years.

When a recipe asks for 1 teaspoon lemon rind or 1 Tablespoon of fresh coriander, I don't need to buy a whole bunch and then throw out the rest.

Say goodbye to wrinkly half lemons, wilted herbs and old, crusty bits of ginger that you forgot about.

Price per drop



If you take nothing else from this book, take this - you do not use the same amount of essential oil as you would the fresh or dried plant!

Basic Guidelines



½ - 1 drop of essential oil = 1 Tbsp of fresh/dried

This is just a guide only, but a fairly good one to start with. Some oils will need even less and that's when the toothpick method is recommended.

Toothpick method:

Take a toothpick and dip it into the bottle, than swizzle that through the liquid, sauce etc.

Essential oils should be diluted into a lipid (fat) first. This helps to ensure the oil (and flavour!) gets dispersed evenly throughout the whole dish and one person doesn't end up with an entire drop of essential oil on their tongue. Not so bad with gentle oils, but not what you want with any of the 'hot' oils!

Hot Oils :

Oregano, Thyme, Black Pepper, Cinnamon Bark, Lemongrass, Clove and Peppermint (ensure these are properly diluted before adding to a recipe and avoid direct contact with skin)

For more information about essential oil safety please [CLICK HERE](#)



For savoury dishes, dilute into a small amount of olive or coconut oil. Stir, then add to the recipe. Honey or maple syrup works well for sweet recipes. For smoothies, bliss balls etc. (or anything being whizzed up in blender) this step can be omitted.

For recipes that require cooking, wait until the end of the process before adding the essential oil. They are relatively fragile and will dissipate quickly in high heat!

For soups, stir through diluted essential oil before serving; for stir-frys add at the end of the cooking process. For baking, expect to lose a bit of the flavour and therapeutic properties in the process. You may need to use more, depending on the oil.



Blueberry & Lime Smoothie

 SERVES 2

- 300 ml coconut water
- ½ frozen banana
- ¼ cup frozen blueberries
- 2 drops of doTERRA Lime essential oil

1. Blend all ingredients together in a high speed blender.

Green Colada Smoothie

 SERVES 2

- 300 ml coconut milk
- ½ frozen banana
- ¼ cup frozen pineapple pieces
- Handful of baby spinach/kale leaves
- 2 drops of doTERRA Lime essential oil

1. Blend all ingredients together in a high speed blender.



Lavender & Cranberry Cocktail

 SERVES 12

- 3 drops of doTERRA Lavender essential oil
- 1.5 L Cranberry juice
- Prosecco or sparkling mineral water

1. Add the lavender oil to the cranberry juice and shake, shake, shake.
2. Half fill cocktail glasses of choice then top with Prosecco or sparkling mineral water.



Widely used for its calming and relaxing qualities.

Soothes occasional skin irritations.

Reduces the appearance of skin imperfections.

Add a few drops of Lavender to pillows, bedding, or the bottoms of feet to prepare for a restful night's sleep.

Add Lavender to bath water to soak away stress, or apply it to the temples and the back of the neck.

*May help to support healthy immune function and response during times of seasonal threats.**

*Lavender synergistically helps to soothe and calm the nervous system**

It can be particularly calming and support healthy moods during menstruation and menopause.

It promotes feelings of clear breathing and open airways.





Turmeric Latte



GLUTEN FREE



DAIRY FREE



VEGAN OPTION



Makes 1 large mug or 2 small cups

- 300 ml Coconut/Almond Milk (or milk of your choice)
- 1 drop Cinnamon Bark Oil (be very careful not to do more as it is a very hot oil and you only need 1 drop!)
- 1 tsp organic turmeric powder
- Pinch cayenne pepper (optional)
- 1 tsp honey or maple syrup

1. Warm your milk to hot (but drinkable)
2. In a large mug (or small jug if you're serving two smaller cups), mix together the remaining ingredients and stir until a paste is formed.
3. Slowly mix in the milk and dust with cinnamon powder.



Peanut Butter Chai Bliss Balls



GLUTEN FREE



DAIRY FREE



VEGAN OPTION



MAKES 12

- 1 cup almonds
- ½ cup coconut flakes
- ½ cup fresh dates, pitted (if they are too firm, soak them in boiling water for 15-20 minutes until soft, then drain water)
- 2 heaped Tbsp natural peanut butter
- 3 drops doTERRA Cinnamon Bark essential oil
- 1 drop doTERRA Cardamom essential oil (optional, only if you have it!)
- 1 Tbsp coconut oil
- 1-2 Tbsp honey or maple syrup
- Desiccated coconut + cinnamon powder, to serve

1. Using a food processor, blitz the almonds and coconut until fine and crumbly.
2. Add the peanut butter and dates then process.
3. Add the essential oils to the coconut oil (in the spoon is fine or a little ramekin) and add to the mixture. Add enough sweetener of choice to taste. Process until a sticky dough like consistency is reached. You can always use 1 Tbsp cold water at a time to help achieve that sticky dough texture if needed.
4. Using a tablespoon as a guide, roll into balls, coat with desiccated coconut and sprinkle with cinnamon powder. Freeze for about 1 hr before serving.
5. Store in an airtight container in the freezer for up to one month.



Salad Dressings

You can add essential oils to any salad dressings to enhance the flavour.
They are a great addition to sauces and dips too!

Basic Salad Dressing:

- 2 Tbsp lemon juice/balsamic vinegar/apple cider vinegar
- ¼ cup extra-virgin olive oil
- 1 tsp Dijon/Wholegrain/Seeded Mustard
- 1 tsp honey/maple syrup
- salt + pepper to taste

Try adding 2-3 drops of the following oils. Add slowly and keep tasting!

- 💧 Lemon
- 💧 Lime
- 💧 Grapefruit
- 💧 Black Pepper
- 💧 Ginger
- 💧 Wild Orange



Ginger Miso Chicken Salad



GLUTEN FREE



DAIRY FREE



SERVES 4

Dressing

- 2 Tbsp tamari or soy sauce
- 1 Tbsp honey
- 2 tsp miso paste
- 1 Tbsp lemon juice (juice of half a lemon)
- 2 Tbsp tahini
- 1 Tbsp warm water
- ¼ tsp sesame oil
- 3 drops doTERRA Ginger essential oil
- pinch fine sea salt

Mix all ingredients together in a jar, shake well and set aside.


Salad


- 1 small Rotisserie chicken (breast and thighs only) meat shredded
- 200g vermicelli noodles
- 1 cucumber, halved lengthwise, deseeded and cut diagonally
- 1 large carrot, julienned
- ½ Chinese cabbage (Wombok), shredded
- 1 cup snow peas (raw), finely sliced
- toasted sesame seeds and sliced spring onions, to serve

1. Cook the noodles according to packet instructions, drain and set aside.
2. Prepare all the vegetables.
3. Mix all ingredients together on a large serving plate and drizzle with dressing and season to taste.



Ginger Orange Salmon and Radish Noodle Salad

 GLUTEN FREE

 DAIRY FREE

 SERVES 1

Salmon

- 150g skinless piece of salmon
- 1 tsp coconut oil
- salt + pepper, to taste

Dressing

- 2 Tbsp extra-virgin olive oil
- 1 Tbsp lemon juice
- ½ tsp dijon mustard
- ½ tsp honey
- 2 drops doTERRA Wild Orange essential oil
- 2 drops doTERRA Ginger essential oil

Salad

- handful of baby spinach
- 3 - 4 raw radish, spiralised (or sliced thinly)
- 1 Tbsp pepitas, toasted

1. Mix all dressing ingredients together in a small jar with a lid, shake well and set aside.
2. Toast pepitas in a non-stick pan (without oil) and set aside.
3. Heat coconut oil in a large non-stick pan and season both sides of the salmon with salt + pepper.
4. Cook for about 4 minutes on each side, or until cooked to your liking.
5. Arrange radish on top of the baby spinach and place cooked salmon on top. Drizzle with the dressing and sprinkle with toasted pepitas.



Wild Orange Chocolate Brownies



GLUTEN FREE



DAIRY FREE OPTION

- 500g grated sweet potato (about 2 ½ cups)
- 2 whole eggs, lightly beaten
- ½ cup melted coconut oil, cooled
- ¼ cup maple syrup
- 2 tsp vanilla extract
- 12 drops doTERRA Wild Orange essential oil
- ½ cup raw cacao powder, sifted
- 1 tsp baking powder
- 1 tsp baking soda
- 3 Tbsp coconut flour
- 50g dark choc chips or dark chocolate, chopped (choose dairy free if needed)

1. Preheat the oven to 180 C (360 F) and line a 9" square baking tin with non-stick baking paper. Alternatively you can use two 9" x 5" loaf tins.
2. Add sweet potato, eggs, coconut oil, maple syrup, vanilla and essential oil to a large mixing bowl.
3. In a separate smaller bowl, sift the cacao, baking powder and baking soda. Stir through the coconut flour.
4. Add the cacao mixture to the sweet potato mixture and mix until well combined. Fold through the chocolate chunks.
5. Pour into the prepared tins and bake for 30 minutes. Allow to cool in tin for at least an hour.

Serve with Wild Orange Coconut Ganache

- ½ cup full fat coconut cream
- 100g dark chocolate of choice, chopped (choose dairy free if needed)
- 4 drops of doTERRA Wild Orange essential oil

Heat coconut cream to just before boiling point. Don't allow it to bubble! Add the chocolate and stir until a nice glossy finish is achieved. You can serve this as a sauce or once spread onto brownies and set in the fridge it will be more like icing.



Dark Chocolate and Peppermint Ganache Tart



GLUTEN FREE



DAIRY FREE



MAKES 4

Base

- 2 Tbsp cacao powder
- Pinch salt
- 1 cup almonds
- 1 cup coconut chips
- ½ cup fresh dates, pitted*
- 1 Tbsp coconut oil
- 1 Tbsp Maple syrup
- 8 drops of doTERRA Peppermint essential oil

*You can substitute fresh dates for dried dates that have been soaked in boiling water for 15 minutes

1. Using a food processor, blitz the almonds, coconut, cacao and salt until fine and crumbly.
2. Add the dates and Maple syrup and continue to process.
3. Add the Peppermint oil to the coconut oil and add to the mixture. Process until a sticky dough like consistency is reached. You can always use 1 Tbsp cold water at a time to help achieve that sticky dough texture if needed.
4. Press mixture into 4 x 8 cm tart tins with removable bottoms. Set aside while you prepare the filling.

Ganache Filling

- 200 ml full fat coconut cream
- 200g dark chocolate of choice, chopped (choose dairy free if needed)
- 4 drops of doTERRA Peppermint essential oil

Heat coconut cream to just before boiling point. Don't allow it to bubble! Add the chocolate and stir until a nice glossy finish is achieved. Stir in the Peppermint oil. Pour into the 4 x 8cm tart shells and refrigerate for 3 – 4 hours. Serve with a sprinkling of coconut, cacao nibs and fresh strawberries.



No wasted efforts in nature

It's the versatility of these oils that impresses me most. The very same oil that I used in my peppermint ganache tart is the same oil that I blend with Frankincense for relief from tension in my neck and shoulders. The same oil I use in my Wild Orange Brownies, which also happens to be the Oil of Abundance, is what I call 'meditation in a bottle'. I find it always boosts my mood no matter where I am. The lavender I mixed with the cranberry juice? Reduces anxious feelings and helps with a peaceful night sleep. I could go on, but I think you get the idea!

+ How to Save 25%

The cheapest and best way to get your oils, is through getting your own wholesale account, kind of like Costco – pay \$35 for the year and you get wholesale prices for the next 12 months. (That \$35 is waived if you purchase a kit) If you are a part of the monthly ordering program, you can earn up to 30% of your purchase back in points, to redeem on freebies. #yay

+ Hosting a Class

Hands down, my favourite way to teach people about these amazing oils is through an educational class. It can be hosted with anywhere between 1 - 10 friends either in the comfort of your own home or at a local cafe - it's up to you! It's so much fun and I get to showcase the versatility of a whole bunch of oils (with my famous treats included of course!)



+ More than Just Oils

You don't just get the oils either, you also get me and the knowledge and expertise from my incredible team. I am committed to making sure you use your oils and they don't collect dust in the box! You will have access to further eBooks with recipes, tips + tricks. I will also add you to our private Facebook group where you can ask questions until your heart is content - someone will always answer you!

The Essential Kitchen Starter Pack

- Lemon
- Lime
- Ginger
- Cinnamon Bark
- Lavender
- Wild Orange
- Peppermint
- Lemongrass

\$AUD 245
ORDER NOW

\$USD 180
ORDER NOW

£GBP 137
ORDER NOW

€ 140
ORDER NOW

+ a PDF copy of my two cookbooks

'Eat Dessert for Breakfast' and 'Life's too Short for Diets' for FREE!

(includes wholesale account fee to receive 25% OFF RRP prices for 12 months)



Source to You

This [website](#) is revolutionising the industry. Every dōTERRA bottle has a batch number on the bottom along with an expiry date. For any oils manufactured after May 2016, consumers will be able to enter the batch date and gain immediate access to the testing reports. For batches manufactured before this, simply call customer service.

Better than Organic.

Yes, I just said that. Let's be straight up. For something to be labelled 'Certified Organic' or 'Made with Organic Ingredients' it has to contain at least 70 – 95% organic ingredients. Not 100%. So just because it says 'organic' does not mean it 100% is.

Secondly, we now know that there are many variables when it comes to the quality of an essential oil, but hands down the most important is for the plant to be grown in its indigenous habitat, (where it's supposed to grow). While it might be cheaper to purchase large plots of land and mass produce inferior oil, dōTERRA chooses to source their oils from over 40 countries. This has led to long term relationships with local growers whose expert knowledge has assisted them to successfully cultivate essential oil plants for many generations.

Over two-thirds of the countries where these oils are sourced from are considered developing – there are no certified organic bodies or organisations. Couple the fact that the oils are being sourced from where they are meant to be grown together with the stringent testing procedures that are second to none in the industry, I don't really give two hoots that they aren't labelled 'organic'. Do you?



Voting with your dollar

The heart and soul, and the clincher for me, of this global sourcing approach is the Co-Impact Sourcing initiative which aims for ethically responsible essential oil production. By creating jobs in rural and underdeveloped areas, dōTERRA aims to support small scale workers and producers in shifting away from poverty and into economic self sufficiency.

Providing fair and on-time payments and labour conditions

Instead of working for big industry players only interested in their bottom line and being paid after essential oils have been handed over (between 6 – 12 months) dōTERRA is committed to providing fair pay and fair conditions that have been agreed on by all. Pre payments and loans are often provided to help manage cash flow and stabilize income throughout the year.

Facilitating Community Development

For that little bit extra you might pay for a co-impact sourced oil, know that those funds together with donations to the Healing Hands Foundation are used to support community development projects such as the construction of schools, healthy clinics, training facilities and clean water systems.

For more information about Healing Hands Foundation, [CLICK HERE](#)

For more information about Co-Impact Sourcing, [CLICK HERE](#)



WORK WITH ME

Are you **passionate** about health + well-being?

Are you craving **connection**?

Do you want to be a part of **something bigger**?

Where **collaboration** is valued over competition?

Where you will be **supported** every step of the way?

Saying YES to dōTERRA has been one of the best decisions I have ever made.

I am always looking to work with other like minded, passionate people.

For more information on how you can incorporate these oils into your existing business or you are ready for a fresh new change, contact me.

