

Essential Oils Used in
Cooking with Essential Oils
Through the Winter Holidays



Oils Used in Food Recipes:

Bergamot
Black Pepper
Cardamom
Cinnamon
Clove
Copaiba
Cumin
Ginger



Green Mandarin
Lavender
Lemon
Lime
Orange
Peppermint
Protective Blend
Roman Chamomile
Rosemary
Thyme
Turmeric



Additional Oils Used in Diffuser Recipes:

Arborvitae
Cedarwood
Eucalyptus
Frankincense
Gathering Blend
Grounding Blend
Invigorating Blend

Joyful Holiday Blend
Metabolic Blend
Peaceful Holiday Blend
Restful Blend
Sandalwood
Siberian Fir



↑
Fridge Size

Oil List Chart: All the Oils in the Cookbook

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↑
Purse/Pocket Size