

# Aromatic transformations

March, 2004 Vol. 1 No. 7

## Spice Things Up in Your Kitchen

You're about to enter a new dimension in deliciousness. Prepare your palate for new pleasures - we're taking YL essential oils out of the bedroom and into the kitchen!

You already love YL citrus essential oils in your drinking water. Now, discover how to create luscious, energizing foods with essential oils.

Our guide on this journey is Menkit Prince, Young Living distributor of nine years and author of *The Essential Oil Cookbook*. Menkit spoke with Teri Williams about her search for more energy, better health and a longer life. When she learned about the longevity of the Hunza people, Menkit set out to make their diet exciting to western palates. The result? Scores of "outrageous recipes for weight control and long life."

### How the YUM factor helps us control weight and enhances health

Simply stated, when healthy food tastes good it satisfies our nutritional needs and our need for flavor, texture, etc.—the YUM factor. How many times have we eaten super-fiber cereals to get our quota of roughage only to be left wanting? That's when we head for the cookies... Short-circuit that problem by preparing whole, vital foods simply and adding the fabulous flavor and nutrition of therapeutic-grade essential oils. We'll be energized by our meals and satisfied with less, which will result in easier weight control.

Dealing with family members who hate veggies and think they're tasteless? When you add a sauce flavored with essential oils (that you whip up in a minute) veggies become much more exotic. Your family will love it. Plus, you've improved their digestion and boosted their nutrient intake with living foods loaded with enzymes and vitamins.

### What Menkit's guests say (between bites) about dishes flavored with essential oils

"I love to serve Chocolate Mint Paradise Bars after a meal. Invariably people ask, 'When are you going into production?' The first to ask was a chiropractor who owns a health resort in Santa Rosa, CA. He was absolutely serious. He couldn't stop himself—we watched as he devoured the entire plate of bars!

The dish that's always a winner at potlucks is Taj Mahal Curry. People track me down and tell me it is the most outstandingly delicious meal on the entire table. Most people have never tasted food with essential oils, so my dishes never go unnoticed."

Important Note: For internal consumption, it is vitally important that you choose only the therapeutic-grade essential oils which are Generally Regarded As Safe (GRAS). As only 2% of the essential oils distilled worldwide are therapeutic-grade, select those from Young Living, the only essential oils certified as therapeutic-grade by AFNOR international standards. See our Scents and Scentsability brochure for more information.



### HOW TO SWITCH FROM DRIED HERBS TO ESSENTIAL OILS

Add essential oil flavoring a mini-drop at a time. Dip just the end of a toothpick into a drop of essential oil and stir into dish. You may be surprised at how little it takes to add a lot of flavor. Very economical.

### QUICK FLAVOR IDEAS Lemon Pepper

Invite the zing of citrus essential oils to dinner - make Lemon or Orange Pepper for fish and salads. Here's how: Add two drops of lemon or orange essential oil to one ounce of coarsely ground black pepper.

Mix together, bottle and wait impatiently at least three days before using.

### Spaghetti Sauce

Thyme and oregano oils add deep, rich flavors to tomato-based sauces.

### Pumpkin Pie

You haven't lived until you've tasted pumpkin pie sweetened with stevia and spiced with Thieves™!



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Recipe from  
*The Essential Oil Cookbook*

## Menkit's recommendations for Culinary Essential Oils

**Lemon** essential oil adds bright flavor, sparkle and antioxidants.

**Orange** essential oil is rich in the powerful antioxidant d-limonene.

**Peppermint** essential oil is indispensable for making refreshing drinks, desserts.

**Lemongrass** oil adds a fresh, citrusy aroma plus it aids digestion.

**Ginger** essential oil spices up curries and cookies.

**Nutmeg** essential oil is a must for luscious baked goods.

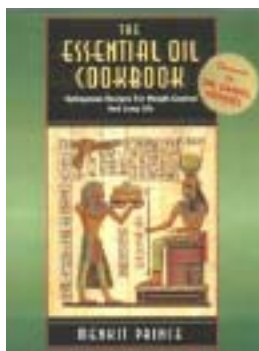
**Black Pepper** essential oil flavors Mardi Gras Pesto and other lively dishes.

**Sage** essential oil adds a lovely herbal note to grain dishes.

## IMPERIAL PALACE VEGETABLE SOUP

1 potato  
1 carrot  
1 onion  
2 teaspoons reduced-salt soy sauce or Bragg's  
1 teaspoon cashew butter  
1-1/4 cups water/vegetable stock  
Dash black pepper powder  
1 tablespoon parsley  
1 drop Mandarin essential oil  
Peel potato (especially if green under skin). Cut carrot and potato into small cubes. Mince onion and parsley. In a saucepan add water, potato, carrot and onion. Bring to a boil and simmer with lid on for 10 minutes.

In a bowl stir cashew butter and a little soup stock gradually till creamy. To the soup add creamed cashew butter, soy sauce, black pepper and parsley. Stir in Mandarin oil just before serving. Exquisite! Tastes like chicken soup.



## The Essential Oil Cookbook Outrageous Recipes for Weight Control and Long Life

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wholesale discounts available with purchase of 10 or more

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**#290271**

# to Order	Product Name	Code # Size	Preferred Customer Price*
	Lemon essential oil	#3578 15 ml	\$11.00
	Orange essential oil	#3602 15 ml	\$11.00
	Peppermint essential oil	#3614 15 ml	\$20.00
	Lemongrass essential oil	#3581 15 ml	\$11.00
	Ginger essential oil	#3557 5 ml	\$11.00
	Nutmeg essential oil	#3599 5 ml	\$10.00
	Black pepper essential oil	#3611 5 ml	\$13.00
	Sage essential oil	#3632 15 ml	\$22.00
	Subtotal		<b>\$109.00</b> *ask about wholesale prices
	Power Meal whole food	#6300 2.3 lb	\$53.00

## Radiant Health News

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