

# YOUNG LIVING TRAINING CD #85

## “COOKING WITH ESSENTIAL OILS”

### Suzette Flygare, Ali, and Paige Upstill

*We welcome you to Training CD #85, an highly informative interview on Cooking with Essential Oils. And now, here is Suzette Flygare, Managing Editor of the Essential Lifestyle Magazine, to introduce our panel.*

#### **Suzette Flygare - Expanding the Focus**

Hello! My name is Suzette Flygare and I am the Managing Editor of *Young Living's Essential Lifestyle Magazine* and Food Editor of the *Young Living Cook Book*. And with me is our guest speaker, Ali, who is a food specialist and contributor to our magazine's food section. She is also joining me in welcoming Paige Upstill, *Young Living's* Editor and Fitness writer.

The focus of this recording is to expand on *Young Living's* mission to bring greater health and wealth to the world through education, and it is exciting to be able to share with our listeners today how a few simple changes in diet can lead to a better lifestyle.

People are just beginning to discover the joys of cooking with essential oils, and we are excited to share with you today on this recording some very important information regarding the importance of good nutrition and how easy it is to use essential oils and other *Young Living* products in your daily food preparation. Ali, let's go ahead and begin and have you share with us why this is such an important topic in your life.

#### **Ali - Healthy Diet is Top Priority**

To me, it's very important to have a healthy diet, for many reasons: I want to look good, I want to feel great, and I want to have a quality of life. I don't believe that those things can come if you're eating a lot of junk food and not taking care of your body properly.

It's really important that people just stop and think about, "What am I eating? What am I putting into my body? How is this helping my body function? How is this helping my body to do what it needs to do to survive and to be doing optimal function for every-thing?"

#### **Suzette - Personal Question**

Ali, have you always led this sort of healthy lifestyle?

#### **Ali - A Reformed "Junkie!"**

I wish I could answer "yes." I was probably the junkiest food junkie of them all. It's quite interesting because living that lifestyle when I was pretty young and just starting college, I just started to get sick all the time. Of course, with studying and things like that and staying up late, you're always trying to eat food on the go, and the more junk food I ate, the more terrible I felt. My body was just weighed down, I was gaining weight, I didn't feel good. A lot of times I would experience kind of a brain fog, etc., so I realized that, "Man, this has to stop!"

#### **Search for Good Nutrition**

So I decided to start looking into things like nutrition. I started doing some research, reading some books, looking online, and a few things like that, and just learning little pieces here and there (kind of like a puzzle), and I was getting pieces of the puzzle. Then through the years I've been able to put that puzzle together, and I'm still learning. The puzzle is not finished.

The more you research, the more you know, and the more you try, the more you can find out what is best for your body. But it's been a long journey, and I don't think anybody that I know personally who has found health has gone completely "cold turkey." I think it's a "line upon line" kind of learning process where you learn a little here and a little there. You make a change here, you make a change there and pretty soon it's a lifestyle.

#### **Suzette - Making Lifestyle Changes**

How can somebody start making these changes in their life?

### **Ali - Step One, Recognition of Problem**

I think the first thing is to realize what is wrong. You have to first want it, so if your motivation is, “I want to be skinny..” that’s not going to work. Your motivation needs to be, “I want to be healthy, I want to be full of life, I don’t want to be sick anymore. I want to have a clear mind, I want to be able to run and jump and play with my kids and play sports and do those things I want to do. I want to go hiking, I want to go water skiing.”

You have to be able to realize, to look at your-self and say, “Am I overweight? Am I happy? Is my mind clear? Do I get out of breath easily? Do I have considerable health problems?” and realize that first. That’s your first step.

### **Suzette - Question on Details**

What sort of details would you include to live that healthy lifestyle?

### **Ali - Good, Basic Foods**

I think, on a general basis, you want to have basic, whole foods, so you want things that come from the earth—you want whole grains, you want lots of fruits and vegetables. You don’t want artificial sweeteners, you don’t want refined foods. You want appropriate supplementation, and you want exercise.

### **Suzette - Using the Products**

Ali, I know that you absolutely love *Young Living’s* products. Would you share with us a little bit about how you use our products in your daily preparation?

### **Ali - Cooking with Essential Oils Daily**

Absolutely! I am in love with *Young Living*. I absolutely cannot keep away from the products. They are the purest, the highest quality, and the absolute best! I keep a good stock of cooking oils in my spice cabinet.

*Young Living* has a wonderful *User’s Guide* that’s very detailed, and you can find out which oils are safe for internal use, and therefore, for cooking and for eating.

A lot of our listeners may not know that many of the essential oils are, in fact, excellent flavor enhancers and can be used in all food preparation. For example, a lot of people are familiar with dried herbs or even fresh herbs, but they don’t realize that the essential oil that comes from that plant is actually even more potent and adds more flavor to their food.

### **Suzette - Oils are Money Savers!**

Yes, absolutely! I would use essential oils over dried herbs any day. I also like to use a lot of fresh herbs because, of course, fresh herbs have the essential oils in them. But using essential oils for flavor is a wonderful idea. You only need a drop! Consider how much money you’re saving there, and also how powerful they are and how much nutrition you can add.

### **Ali - Adding Oils to Recipes**

Of course, it’s best to have oils when they’re raw, so often in my recipes I add them after the recipe’s been cooked, or if the recipe’s not cooked at all, then you are safe.

They also can be used in baking. The best way to use essential oils is you have to be a little careful. Because they are so wonderfully potent you need to take it a drop at a time, and when you can do that, you can dip a toothpick into the little top of the receptacle on the essential oil bottle, and then you use that toothpick and swirl it into your recipe (your sauce or whatever you’re doing) or swirl it around the side of the bowl that you’re mixing in, and that would be the first step. After that, one drop at a time—and just keep tasting!

### **Suzette - Experiment and Create**

I think that’s one of the most fun things with the essential oils is that you actually get to

experiment and create new dishes and just experiment with the oils.

Like you said, start off with a small amount and as you become more familiar with the different oils, you can learn new ways to use them and different amounts.

### **Ali - Accentuate the Mellow Flavor**

Exactly. You start to get a sense of what works, what doesn't, what's absolutely delicious to you, and what other people like. One way I like to use essential oils when I'm cooking is to remember that when essential oils are put in water the flavor will be brought out. It will give it more strength and keep a little bit of the bitterness that the original herb carries, but if you dilute it in another oil (like olive oil or almond oi) or something like that, it brings out the mellow richness of the actual flavor.

For instance, orange peel is kind of bitter. When you put too much essential oil into water, you taste that bitterness of the peel, but when you put it into almond oil, you just taste the delicious mellow flavor and sweetness of the orange.

So some of the essential oils can actually be diluted with a carrier oil in your cooking recipes, for example, honey or Blue Agave. And you can also remember that when you are using oils and fats. For instance, if you want to make a flavored cheese. Perhaps you have some cream cheese— it's going to be mellow and it's going to be sweet and delicious in that, whereas if you're making a lemonade you only want to stick to one or two drops of *lemon* essential oil because there's a lot of water there.

### **Suzette - Healthy Foods Taste Good!**

A lot of times people associate health foods as lacking in taste. They think that health food isn't as delicious as the foods that are full of fat and sugars and other things like that. Does it always have to be that way with health food?

### **Ali - If It Isn't Tasty—It Isn't Food!**

Absolutely not! I am a food enthusiast, so I probably take this a little far, but my motto is, "If it isn't good, if it isn't tasty—it's not food." And I just refuse to eat bad-tasting food. And the great thing about this is that the earth has given us to many wonderful things, so many flavors, so many herbs, so many choices in putting food together that everything is there—all the taste, all the texture, anything that you could hope for that you are eating in junk food, you can find in natural food.

The great thing about it is the essential oils are just that. They are so flavorful, they are so delicious—and sometimes they can actually be quite mellow and mild and very delicate when you're making a special salad dressing or something like a drizzling sauce for dessert. It's just as good as anything a famous chef could bring on the table.

### **Suzette - New Recipes in Magazine**

Great! And this is so exciting to learn of new recipes and new ways to use the essential oils to substitute for the dried herbs, and in place, these essentials are so potent and flavorful.

One of the great things about the Magazine is that we do carry and feature new recipes that you've developed, using *Young Living's* products with the oils already substituted, so people don't need to guess at the amount, although (as I mentioned) it's fun to experiment and just try a little bit and add a little bit more and see how it suits your taste.

But the other great resource that our listeners turn to for recipes is the *Young Living Cook Book*.

### **Ali - Cook Book is Wonderful Resource**

Absolutely. Yes, *Young Living* never leaves us stranded. There is something for everything. The *Cook Book* is a wonderful resource. As you've mentioned, the cooking section in the Magazine is a wonderful resource, so there is help out there and definitely those things should be used, especially if you're just

starting out and you're not quite sure what you're doing. You want to use those recipes at first, and then you start to get a good feel for things.

### **Suzette - How Do We Start?**

Alright, Ali, these are great ideas, but how does somebody go about implementing these ideas? What do they need to do in their kitchen and their pantry to start learning how to cook with essential oils and the other *Young Living* products?

### **Ali - Using Money Wisely**

Okay. Well, a lot of people fear health food and healthy eating because they believe that it's going to cost them so much more and it's going to take them so much more time, but it's really about "What do you want?"

For instance, if you are in love with watching TV, you're going to pay a lot of money for cable every month, and you're going to spend a lot of time watching it. But if it's important to you to look good, to feel great and to be out doing and being and experiencing, then you're going to put the money up for that, and you're going to take the time for that

In reality, it's really not that much more of money and time, especially with *Young Living* products, because they last. The oils—you can have a vial of *lemon* essential oil in your cupboard for months because you only need a drop at a time or two drops at a time, so it's just wonderful that way.

### **Invest in Wolfberries**

One thing I like to have on hand ready to go that make my life easier and make my cooking healthier is wolfberries. You can throw them into salads, you can throw them into quick breads, you can put them on top of fish dishes—you can just do anything with them. You can throw them in a smoothie—they are just wonderful. Wolfberries should always be there.

Some essential oils that I constantly have or wouldn't do without in my spice cabinet are *lemon* essential oil, *orange* essential oil, *dill*,

*coriander*, *black pepper*, *cinnamon*. Those are just to name a few, and all of those can be substituted for the actual dried herb or for the powder (however you usually use it).

I always like to have (and my kids love) *Wolf-berry Crisps*. Those are just awesome. They are so quick and are so easy. We take them to the park with us. If I'm on the go and have things to do, I grab one to take with me for lunch. They're just fabulous and they're packed with nutrition and good things.

### **Suzette - Blue Agave as a Sweetener**

That's great! And I happen to know—because I've tasted your delicious desserts—that you absolutely love *Blue Agave* as well. And if you're like me, that is in my pantry and my kids know. They throw that *Blue Agave* in any of the recipes with smoothies, anything—and it's an absolutely fabulous sweetener.

### **Ali - It Saved Me from Sugar!**

*Blue Agave* literally saved my life. I was so addicted to sugar I didn't know what I was going to do, and I found *Young Living Blue Agave* and I will never use anything else. The main sweeteners that I use are *Young Living's Blue Agave* because it's the highest in quality, and then I use a little brown rice syrup and occasionally some Xylitol, which is also in the *Young Living* toothpaste, I believe. It's good for your teeth.

### **Suzette - Blue Agave is very Diverse**

Yes, it's wonderful and it has that mild sweet flavor without an after taste. It's very easy to use in recipes, and there is so much you can do with it.

### **Ali - Eating Out**

One thing that's kind of useful is a lot of people ask me, "Well, how do you order out of a restaurant? How can you ever go out and order at a restaurant?"

First of all, I am kind of a food snob, so I don't like to go to cheap restaurants because usually most of their ingredients may come

from a can or a bag or something pre-prepared like that. But if you are at a restaurant, you should be able to find something fresh—some meats, vegetables, a salad, etc.

### **Use Lemon Oil to Purify Water**

One thing that I run into a lot is tap water. They want to give you tap water at a restaurant. To help thwart the tap water I always bring a little vial of *lemon* essential oil with me, and I just put a drop in my water—that cleanses it and freshens the flavor, and I feel good about drinking it.

Also, I like to go to restaurants where I know the food is going to be fresh, and a lot of times at fresh Mex restaurants, Asian restaurants, other ethnic restaurants. A lot of times you can also find fresh food at local Mom and Pop's because you know they are making it from scratch. They are making their own dressing; they are making their own dishes, etc. When in doubt, just bring the essential oils with you! They don't have to stay at home. Just bring them with you.

### **Suzette - Sharing Recipes**

Ali, can you share with us one of your favorite recipes. It might be just a nice little introduction, a nice way to just start using some of these products that we've talked about in cutting out the sugar.

### **Ali - How about Peanut Butter Cookies?**

Well, I have a couple of recipes in my mind that are really quick and easy and really fun for anyone, but especially I always think about kids because I have twins at home.

One of them is peanut butter cookies, which are fabulous. They are gluten-free, they are refined sugar-free. They have the *Blue Agave* in them, they're wonderful. All you have to do is take a cup of smooth, organic peanut butter (which can be found almost anywhere these days), one-half cup of *Blue Agave*, one hormone-free egg or a free-range chicken egg. You want a teaspoon of baking soda, a pinch of sea salt, and a teaspoon of vanilla. Whip that up with a whisk and then you will drop that with a

spoon onto a greased cookie sheet and bake at 350 degrees for about 10 minutes or until it's a deep, golden brown. You let them cool completely, and they are divine. You would never know there is no sugar or flour in them. They are absolutely fine.

### **Fresh Pickles are Wonderful!**

Another recipe that I really like is pickles, so a lot of times I like to make fresh pickles and, of course, the health benefits far outweigh the cost.

Just cut up a couple of cucumbers (nice crisp ones) and you put those in a jar. Add half a cup of vinegar and fill up the rest with purified water and you are going to add about three drops of *dill* oil and then salt to taste. It's usually one teaspoon of sea salt (maybe 1½ teaspoons—you definitely have to go by taste) and then two teaspoons of minced garlic. Leave that overnight in your frig and it's just fabulous. You can put it on top of salads, you can put them in your sandwiches—or you can just eat them for a nice, fresh snack.

### **Paige Upstill - We Love the Tips!**

We love these tips and ideas, Ali. This is so exciting, especially for me, that I can go into the kitchen and create new, fun recipes that I know are going to be healthy for my family, and that we are all going to enjoy the taste of.

One of the wonderful things about the Magazine (and hopefully all of you have been receiving the new *Essential Lifestyle Magazine* is that it does come out quarterly, and we will be featuring new recipes that Ali creates and develops with the *Young Living* products, especially the essential oils, so be sure to look for that in the mail.

### **Suzette - Share Your Recipes with Us**

That's right. In addition, *Young Living* will be producing the new *Young Living Cook Book, Volume 2* and you'll find new recipes that have delicious foods that feature *Young Living* products and the essential oils. And please, share with us. If you have a favorite recipe that

uses our products and is something that you know everyone else just can't live without, please share those with us. We would love to get it published in our *Cook Book*. So grab your oils and get cooking!

Thank you so much for being with us and sharing with us the importance of good nutrition and how easy it is to just take a couple of simple steps in the kitchen for improving the nutrition and the flavor of the foods you prepare at home.

### Paige Upstill - Join our Training Sessions

Yes, thank you. I can't wait to run home right now and actually try the Peanut Butter Cookies. They sound delicious!

And if you're interested in learning more about nutrition and how *Young Living's* products can benefit your life and your lifestyle, please be sure to visit at [www.youngliving.us](http://www.youngliving.us) There are meetings held, regional trainings and *Essential Wellness Seminars* where you can gain valuable information and become educated on taking better care of your body.

### Narrator

Thank you, Suzette, and also Paige and Ali, and thank you for being with us on Training CD #85.

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