

20 Ways to Use Young Living Vitality Essential Oils in Your Kitchen

- 1.) Add 1–4 drops of Orange EO to wet waffle mix.
- 2.) Add 1-4 drops of Lemon EO to wet pancake batter.
- 3.) Add 1-4 drops of Lemon, Orange and/or Lavender to wet muffin mix.
- 4.) Add 1-3 drops of Lemon EO to your favorite vanilla frosting.
or Orange EO to your favorite chocolate frosting.
- 5.) Add lemon EO to taste in cream cheese and spread on bagel or toast,
top with strawberries or blueberries.
- 6.) Add 1 drop of Cinnamon EO and 1 drop of Orange EO to a bowl of oatmeal
and sweeten to taste.
- 7.) Add 2 drops of Lemon EO to your favorite chicken or tuna salad recipe.
- 8.) Add 1 drop Lemon EO to a 1:1 mix of oil and balsamic vinegar for a light
homemade dressing.
- 9.) Add 1 drop of Lemon EO to hot chamomile tea.
- 10.) Add 1 drop of Cinnamon EO or cold chai tea.
- 11.) Add Lemon EO to your protein shakes or smoothie.
- 12.) Add Lemon EO to plain yogurt, layer with granola and
berries for the perfect parfait.
- 13.) Add 2-3 drops of Rosemary EO to ½ cup olive oil
and serve with crusty bread slices.
- 14.) Add 3 drops of Lemon EO to water prior to
cooking rice or quinoa.
- 15.) Add 1 drop of Peppermint EO to your water bottle and hit the gym.
- 16.) Wash your fruit and veggies by drawing a sink full of water
and adding 5 drops Lemon EO, soak and rinse.
- 17.) Add 1-3 drops of Lime EO to fresh prepared guacamole.
- 18.) Add 1-3 drops of Lime EO to your favorite Pico de Gallo recipe.
- 19.) Add 3 drops of Lime EO to your favorite Chicken Tortilla Soup recipe.
- 20.) Add 1-2 drops of Citrus EOs (Grapefruit, Lime, Orange) to a margarita.



By Shannon with KISS in the Kitchen