



## Cooking with Essential Oils

*(If there is 1 presenter, start the meeting as follows)*

### HOST/ESS –

O.K., we are going to go ahead and get started. I am so happy to see each of you here tonight, and want to thank you for coming! We are going to have some fun for the next hour as my trainer (if host is a distributor)/friend (if host is a friend),

(NAME) , a (RANK) with Young Living

Essential Oils, shares something that has completely changed his/her life, and blessed the lives of thousands of others, including mine! \_\_\_\_\_ is not only a great friend of mine, and not only has s/he seen tremendous results with what s/ he is going to share tonight, but much more importantly, s/he has also been able to help countless others as well! In the next hour, \_\_\_\_\_ will educate you on how to use Young Living Vitality essential oils in the kitchen! You are definitely going to want to take notes, so get out your pen and paper. And at this time, please give your undivided attention to \_\_\_\_\_.

### PRESENTER –

Thank-you, HOST/ESS! My name is \_ (NAME) and I'm a

(RANK) with Young Living Essential Oils, and it's my pleasure to welcome you here to (HOST/ESS) 's home to learn the basics of

cooking with essential oils. Prior to getting started with Young Living, I . . . *(tell product story – build in lot's of “me-too's”. Can anyone here relate to this?” Raise your hand. . – take out all the “so-what's”, also you may tell your business story. Also, you can customize this introduction based on who the guests are and what you know about them. Listen to “Instant Customer Goldmine” from Dani Johnson for more detailed information).*

*(If there are 2 presenters, start the meeting this way – )*

O.K., we are going to go ahead and get started. I am so happy to see each of you here tonight, and want to thank you for coming! We are going to have some fun for the next hour as (NAME OF OTHER PRESENTER) and myself share something that has completely changed our lives, and blessed the lives of thousands of others! In the next hour, we will teach you and demonstrate the basics of cooking with essential oils. You are definitely going to want to take notes, so get out your pen and paper.

My name is \_ (NAME) and I'm a (RANK) with Young Living

Essential Oils, and it's my pleasure to welcome you here to (HOST/ESS)'s home to learn how to use Young Living Vitality essential oils in the kitchen. Prior to getting started with Young Living, I . . . *(tell product story – build in lot's of “me-too's” by. Can anyone here relate to this?” Raise your hand. . – take out all the “so-what's”, also you may tell your business story. Also, you can customize this introduction based on who the guests are and what you know about them. Listen to “Instant Customer Goldmine” from Dani Johnson for more detailed information).*

We live in an era where foods are high in flavor but devoid of nutritional value. In fact, artificial flavors common in processed foods and derived from petrochemical byproducts have been implicated in allergic reactions, dermatitis, eczema, hyperactivity, and asthma!

Most of us are looking to eat healthier, but we don't want to skimp on flavor. How many here can relate to that *(raise hand)*?

Herbs and spices in our kitchen cabinet can add a lot of flavor and health-promoting properties to foods, but they can lose potency relatively quickly. If you could find a way to enhance the flavor of your food in a fun and healthy way using all-natural products that are delicious, long-lasting, and health-promoting, would you at least want to give it a *try?* *(raise hand)* Would you like to find a way to save money while

using these natural solutions? (*raise hand*).

Young Living is a 25-year-old, billion dollar company that has been founded on the principle that *nature* has powerful, natural substances from PLANTS to meet the needs of the 21<sup>st</sup> Century family! Young Living owns and runs hundreds of acres of sustainable, organic farmland and essential oil distilleries in Utah, Idaho, Canada, France, Ecuador, and Oman! Young Living is currently doing business in almost *every nation* around the globe, and is rated the *fastest growing* direct sales company in the U.S. with almost 100,000 joining each month in the U.S. alone! Our company was founded by essential oil pioneer, the late Gary Young, who spent over 35 years of experience in the growing and distilling of world-class essential oils. His wife and company CEO Mary Young continually travels the world to promote the ongoing success and development of Young Living.

The products we are focusing on tonight are pure, therapeutic-grade essential oils. Has anyone ever heard of essential oils before? (*raise hand*) Great! For those who aren't quite sure, essential oils are the lifeblood of aromatic plants. Have you ever broken open the leaf or stem of a plant and seen a fluid come out? (*raise hand*) Well, when you take the precious fluid from aromatic plants containing the plant's therapeutic properties and you super-concentrate it, what you end up with is an essential oil! Young Living is the largest worldwide distributor of therapeutic-grade essential oils, and has a reputation of providing some of the most pure and powerful essential oils available!

Essential oils are famous for their aroma, but tonight we're going to focus on the delicious flavors of essential oils in Young Living's Vitality essential oil line! These essential oils can add a pop of flavor and therapeutic value to beverages including smoothies and teas, soups, salad dressings, marinades, desserts, sauces, and much more!

Today we're going to make (*share what recipes you'll be making*).

*(If there are 2 presenters, the second presenter should take over here after the first presenter introduces him/her.)*

(First Presenter) I'm going to go ahead and turn the time over to (NAME OF OTHER PRESENTER) , a (RANK) with Young Living. \_\_\_\_\_ is not only a great friend of mine, and not only has s/he seen tremendous results with what s/he is going to share tonight, but much more importantly, s/he has also been able to help countless others as well! (*You might add a few additional words of edification.*)

(Second Presenter) Thanks, (NAME OF FIRST PRESENTER) , for that introduction! It's a pleasure to work with you and I appreciate . . . (*edify the first presenter here.*)

Before we start cooking, I want to talk a little more about some basics with using Young Living's Vitality essential oils in the kitchen! Herbs and spices have been used in cooking probably for as long as man has been on the earth. It is believed that hunter/gatherers would wrap their meat in leaves and plants, and then they discovered that some of these plants would impart a good flavor into their meats. Early man even discovered that some of these plants could be used as natural preservatives. Herbs and spices became used as early medicines as people began to notice their therapeutic effect. And of course, they began to be purposely to flavor foods. Local cuisines became known for distinctive flavors from the herbs and spices found in their region.

Today, most American kitchens are stocked with herbs and spices from around the world allowing us to prepare foods with a wide variety of flavors. And anyone who has ever eaten foods flavored with herbs and spices has already ingested essential oils. This is because it is actually the natural essential oils in the herbs and spices that give them any aroma and flavor at all! The essential oils naturally in herbs and spices are also responsible for any therapeutic effect on the body.

The main difference between essential oils and herbs and spices you buy at a grocery store are potency and shelf life. Through time, the essential oils in herbs and spices evaporate away, rendering the herb or spice bland and impotent. Locally grown herbs and spices that are either fresh or freshly dried are great to use in cooking. But herbs and spices from across the world that have been on your

shelf for a few years before they even get to your kitchen are not going to be as potent.

Young Living's Vitality essential oils are perfect to use in place of herbs and spices in the kitchen when a pop of flavor and therapeutic value is desired, and even more so when that herb or spice is difficult to source in your local area or is out of season.

Each drop of essential oil is loaded with concentrated aroma, flavor, and therapeutic value and can be a much more economical choice than buying expensive fresh or exotic herbs and spices that will go bad before they can be fully used. Dill oil, for instance, costs just 19 cents per drop. You might use 1-2 drops at a time of dill oil in a salad dressing or marinade, which costs much less than a bunch of fresh dill that will go bad in a week. And your bottle of Young Living Dill Vitality essential oil will last for years as long as it's stored with the cap tightly on and out of sunlight and extremes in temperature. Lemongrass Vitality oil costs 7 cents per drop, and you might use 2-3 drops in an Asian curry or soup. You can store your Lemongrass Vitality oil for many years as opposed to fresh lemongrass, which is much more expensive, is difficult to find, and will go bad after a short time.

Essential oils also impart a high frequency to our foods and beverages, helping us experience optimal health and wellness on a day-to-day basis.

Young Living's Vitality essential oils fall into one of four different categories: Citrus, herb, spice, and dietary supplement.

Citrus essential oils such as lemon, lime, grapefruit, tangerine, and Citrus Fresh have a bright, refreshing flavor. Cold-pressed from the rinds of citrus fruits, Citrus Vitality oils are popular additions to desserts, beverages, and much more! They are best used within 1-2 years of opening the bottle.

Herb Vitality essential oils include basil, oregano, rosemary, thyme, and peppermint. These oils are great to add to soups and sauces, and even some desserts and beverages. Spice Vitality essential oils such as cinnamon bark, ginger,

black pepper, and dill are popular for use in desserts, beverages, soups, salads, and more! And lastly, Young Living Dietary Vitality oils include frankincense, copaiba, and some popular Young Living blends such as Thieves, DiGize, and Endoflex. These oils, as well as any of the other Vitality oils, can be added to water, teas, and homemade capsules. The Herb, Spice, and Dietary Supplement Vitality essential oils can generally last for many years as long as they are stored properly.

Several of the Vitality essential oils including Thieves, oregano, and cinnamon bark are known to help support immune health. Many, such as peppermint, spearmint, and ginger, are beneficial for digestive health. Essential oils such as grapefruit are known to help maintain a healthy weight. All of the Citrus Vitality oils have a gentle cleansing and purifying effect on the body. After we are done today, I'll give each of you a handout with some specifics on each of Young Living's Vitality essential oils.

Now it's time to cook and taste!!

#### *Tips & Ideas:*

*Do this class before key holidays and times of year and select the recipes accordingly. Do a holiday cooking class before Thanksgiving/Christmas, a class a week or two before Valentine's Day, before Easter, at the start of the summer, at the start of the fall and new school year, and you might consider doing one before Halloween. Or you could do just a smoothie class in the summertime and incorporate Young Living's protein powders. You could do a soup class in the fall. The possibilities are limitless!!*

*You can find recipes to use with your class here:*

- *Young Living's Essential Edge newsletters,*
- <https://www.youngliving.com/blog/category/essentialoilrecipes/>,
- <http://myblessedlife.net/2014/06/essentially-summer-recipe-series.html>,
- <http://www.lifesanity.com/30-essential-oil-recipes-for-food-and-drinks/>,
- <https://www.pinterest.com/dnlmaddox/essential-oil-cookbook/>,
- <https://www.pinterest.com/meoils/essential-oils-cooking/>,

- *and you can also make up or adapt recipes yourself!*

*I recommend trying the recipes before you do the class to make sure they turn out well. You should also ideally have two people work together to run the class – one to do the teaching and the other to focus on demonstrating the cooking. You can be as simple or as ornate as you are comfortable with. You could even host it as a more formal dinner party. I recommend charging for the class to cover your supplies. \$7-\$10 is a good price if they will get a meal out of it.*

### ***SAMPLE MENU – THANKSGIVING OR CHRISTMAS:***

#### *Creamy Mashed Cauliflower* (found on the Young Living blog)

- *1 ½ lbs. cauliflower florets*
- *¼ cup non-fat Greek yogurt OR cream cheese*
- *3 roasted garlic cloves*
- *1 teaspoon fresh chives, chopped*
- *2 drops YL Thyme Vitality essential oil*
- *1–2 drops YL Black Pepper Vitality essential oil (to taste)*
- *Fine sea salt (to taste)*

*Steam the cauliflower for approximately 6–8 minutes, until the florets are tender when pierced with a fork. Drain the steamed cauliflower and transfer to food processor. Combine remaining ingredients and process to your desired texture.*

#### *Orangy Cranberry Sauce*

- *12 oz. bag of fresh cranberries*
- *1 c. fresh-squeezed orange juice*
- *¾ c. sugar or sweetener of your choice*
- *2-3 drops of Young Living Orange Vitality essential oil (to taste)*

*Add everything but the orange oil to a saucepan and simmer for about 15 minutes. Remove from heat and add orange oil.*

Rhetta's Savory Green Beans (my husband's recipe)

- ½ lb. fresh green beans
- ½ - 1 Tbsp. olive oil or butter ( to taste)
- 2-3 drops of YL Lemon Vitality essential oil (to taste)
- 1 drop of YL Black Pepper Vitality essential oil
- *OPTIONAL* – a spritz of fresh lemon juice

*Wash green beans and trim off ends with stems. You may cut the green beans into 2-inch pieces if you like. Steam until tender. Dump into a bowl and add seasoning.*

Dark Chocolate Gingerbread Truffles (found on the Young Living blog)

- 6 ounces dark chocolate (at least 50% cacao), finely chopped
  - 1 tablespoon coconut oil
  - 1 tablespoon YL Yacon syrup or other liquid sweetener (such as maplesyrup)  
1/3 cup coconut milk
  - Pinch of sea salt
  - 2 drops YL Cinnamon Bark Vitality essential oil
  - 2 drops YL Ginger Vitality essential oil
  - 1 drop Clove Vitality essential oil
  - 1 drop YL Nutmeg essential oil
  - Unsweetened cocoa powder for rolling
1. *Place the chopped chocolate in a heat-proof bowl and set aside.*
  2. *Combine the coconut oil, sweetener, coconut milk, and salt in a small saucepan and bring to a simmer (do not boil).*
  3. *Pour mixture over reserved chopped chocolate. Let stand for 1–2 minutes, and then stir gently until completely melted and smooth.*

5. *Refrigerate until mixture is just set, about 2 hours.*
6. *With a small scoop or spoon, make 12 balls, rolling each between the palms of your hands to smooth.*
7. *Place about 1/4 cup of cocoa powder in the bottom of a shallow plate or dish. Roll each truffle in the cocoa until coated.*
8. *Refrigerate for at least 15 minutes to firm and serve.*
9. *Truffles can be refrigerated in an airtight container up to 2 weeks; let stand at room temperature 10 minutes before serving.*

### ***SAMPLE MENU – VALENTINE’S DAY:***

#### *Citrus Fresh-Lime Baked Chicken (found on Young Living blog)*

##### *Ingredients:*

- *organic, whole chicken*
- *1/2 cup coconut oil*
- *1/2 whole garlic bulb, peeled and crushed*
- *1 medium yellow onion*
- *1 lemon, quartered*
- *1/2 lime, quartered*

##### *Spices:*

- *1 tsp. turmeric*
- *3/4 tsp. cumin*
- *1/4 tsp. sea salt*
- *1 tsp. rosemary or a large bunch of fresh rosemary sprigs*
- *1/8 tsp. black pepper or lemon pepper*

##### *Young Living Essential Oils:*

- 3–5 drops YL Citrus Fresh Vitality essential oil
- 3–5 drops YL Lime Vitality essential oil

*Preparation:*

- Heat oven to 350° Fahrenheit.
- Remove gizzards and goodies from the inside of the chicken. (Don't laugh—it's easy to forget!)
- Use glass baking pan and spread with coconut oil.
- Chop garlic and onion.
- Combine all spices in small glass cup, add essential oils, and mix with a toothpick.
- Quarter lemons and limes, squeeze over chicken.
- Stuff chopped garlic, onion, lemons, and limes into the chicken.
- Trickle overflow chopped items and add any optional vegetable(s) (potatoes or other favorites) around the chicken. Place extra fresh rosemary sprigs around the inside of the pan.
- Baste chicken 1–3 times while baking.
- Bake for approximately 1 hour 30 minutes.

*Savory Salad Dressing*

- 3/4 c. extra-virgin olive oil
- 1/4 c. raw apple cider vinegar
- Dash of garlic powder or pepper
- 1-2 drops of Young Living Rosemary or Oregano Vitality essential oils OR Young Living sage oil

*Add ingredients to a cruet, shake, and pour over your salad!*

*Dipping Oil for Italian Bread* (recipe found on the Young Living blog)

- 1/2 c. extra-virgin olive oil
- 1-3 Tbsp. balsamic vinegar

- *Dipped toothpick Young Living Oregano Vitality essential oil*
- *1 drop Young Living Basil Vitality essential oil*
- *1 drop Young Living Thyme Vitality essential oil*
- *1 drop Young Living Rosemary Vitality essential oil*
- *1 Tbsp. grated parmesan cheese*
- *French bread, Einkorn bread, Einkorn rolls, or whatever type of bread you like*
- *Optional: minced garlic or red pepper flakes*

*In a bowl large enough for dipping, mix together balsamic vinegar and olive oil. Add essential oils to taste except oregano. Dip toothpick in oregano oil bottle orifice reducer and then swirl saturated end into mixture. Let set for an hour for flavors to blend. Sprinkle cheese on top of oil mixture. Dip bread into the bowl, and enjoy!*

*Paleo Thin Mints* (originally printed in YL Essential Edge newsletter, April 2015)

- *1 c. + 1 Tbsp. blanched almond flour*
- *1 Tbsp. tapioca*
- *1/3 c. cocoa powder*
- *¼ c. + 1 Tbsp. grass-fed butter or vegan butter spread*
- *1 tsp. vanilla extract*
- *1-2 drops Young Living Peppermint Vitality essential oil*
- *Dash of Himalayan sea salt*
- *2 Tbsp. pure maple syrup or raw honey*

*For chocolate coating:*

- *½ c. dark chocolate*
- *1-2 drops Young Living Peppermint Vitality essential oil*

*Pre-heat oven to 350 degrees. Combine dry ingredients in a bowl, then add wet ingredients. Roll dough into a ball and wrap in parchment paper. Chill for 30-45 minutes. Remove dough and place on a new piece of parchment paper. Sprinkle with additional tapioca. Place a second piece of parchment over the dough.*

*Using a rolling pin, flatten dough until it's about ¼ inch thick. Use a cookie cutter to gently shape cookies, then lift them carefully and place on a lined cookie sheet. Bake for 15 minutes or until crisp. Remove and let cool completely. Cookies will be crunchy. Once cooled, melt chocolate and add in peppermint oil. Dip cookies in the chocolate coating and refrigerate.*

As you begin to play around with Young Living essential oils in your kitchen, not only will you have fun as you make new discoveries, but you will be contributing to your family's health and happiness in a new and fun way!

Today, you can get any of our essential oils at the full retail price. Or there's also a way for you to save 24% on your purchase if you become a wholesale member. Our most popular starter kit comes with a couple of the most-frequently used essential oils for cooking – Peppermint Vitality and Lemon Vitality essential oils, three other Vitality oils - Thieves Vitality, DiGize Vitality, and Citrus Fresh Vitality - as well as a few other of Young Living's most popular essential oils – lavender, frankincense, Valor, PanAway, Peace & Calming and Raven. Young Living will give you an additional FREE bottle of Stress Away oil, a few samples of our amazing nutrient infusion, NingXia Red, and a FREE Desert Rose essential oil diffuser valued at \$83.88 when you purchase this kit! With the purchase of this kit, you qualify to get any of the Vitality oils we talked about today as well as any product in Young Living's extensive product line for 24% off!

This kit costs \$165 (*also \$165 with the Dewdrop diffuser, \$265 with the Aria diffuser*), and either you *will* be pleased with the results, or we will give you your money back!

Now, I want to thank each of you again for being here in HOST/ESS'S home tonight. And we want to show our gratitude to you by doing a raffle for this FREE GIFT (*some YL product – make sure it was something mentioned and promoted during the class so people know what it is, and have a desire for it*).

No matter what we say, there are 3 types of people here tonight. The first type is thinking “NO. Thanks, but no thanks, this probably isn't for me”. We understand

– don't feel bad about saying no. We want to thank you, regardless, for taking time out of your busy schedule to be here tonight! You still want to have better health using natural products, right? I recommend that you test out any of our Vitality oils or other products, and I promise you that if you don't get the results you expect, you will get your money back.

The second type of person is a little more serious, and is thinking "This sounds pretty good." For you, I highly recommend our Premium Starter Kit, resting assured that if you aren't 100% satisfied, you will get your money back. With an order of this kit, you will be able to get powerful results naturally whether you have pets or not. You will have the privilege of getting 24% off all future Young Living purchases, and you can get \$50 for each person you refer who buys this kit. You will also receive detailed information on how to use each oil, and also the free Stress Away oil and essential oil diffuser!

The third type of person is not only serious about using essential oils in the kitchen, but is ready to maximize their results with essential oils and save 24% on all their purchases including any of the Young Living Vitality essential oils. If this is *you*, then congratulations! You will want to get our Premium Starter Kit, as well as some of our other essential oils and products for 24% off the full price! You, too, will get the free Stress Away oil and essential oil diffuser.

HOST/ESS is now passing out your forms – go ahead and fill out the raffle forms so you can be in the running for this free gift, and fill out your order forms to place your orders!

I want to take this opportunity to thank HOST/ESS for hosting this class tonight. (*Edify the host/ess here*). I want to thank him/her by giving him/her this GIFT (*it can be a deodorant, lip balm, Thieves foaming hand soap, or if you are a holistic practitioner, it can be a gift certificate for your services*).

Folks, go ahead and fill out your forms!

*Be quiet while people are filling out the forms. Your presentation is over. Make sure they have product guides handy while they fill out order forms. You may go*

*around one-by-one and ask people “What did you like about what you saw tonight?”*

O.K. – pass your order forms up to the front! And if HOST/ESS will do the honors, we will go ahead and see who the winner is! (*announce the winner*)  
Thanks, folks, and have a great night!

*(collect order forms, you can go around and ask people what they liked most about what they saw, and close them on what is best for them right now)*

#### What You Need for the Class

- Oils from the Premium Starter Kit
- Vitality essential oils that you have on hand
- Essential oil diffuser
- Order forms (you can download these from YL Virtual Office)
- 1-2 product guides
- List of testimonials to share
- Gift for host/ess
- Something to raffle off
- Table for display with tablecloth – HOST
- OPTIONAL - Other YL products mentioned here for display and to passaround
- OPTIONAL – extra products to sell retail

