

CARDAMOM



MANGO LASSI CARDAMOM SMOOTHIE

Ingredients:

- 1 cup mango pulp
- 1 cup plain yogurt
- ½ cup milk
- 1 tbsp. maple syrup
- 1 drop Cardamom Culinary Essential Oil

Directions:

Blend together mango pulp, yogurt and milk until smooth. While the maple syrup is still in its measuring spoon, add Cardamom Culinary Essential Oil to it and mix together with a toothpick. Blend maple syrup and mixture together until smooth. Chill for 10 minutes in freezer, then serve.

BUTTERNUT CARDAMOM BLENDER SOUP

Ingredients:

- 2½ cups vegetable broth
- ½ cup milk, coconut, or rice milk
- 1 butternut squash, peeled and chopped (if you use pre-cut, this should be about 3 lbs.)
- 3 apples, chopped (Braeburn works well)
- 1 very small onion, chopped
- 2 tbsp. butter
- ½ tsp. salt (plus more to taste)
- Black pepper to taste
- ¼ tsp. nutmeg
- ¼ tsp. black pepper
- 1 drop Cardamom Culinary Essential Oil

Directions:

In a high-powered blender, add all ingredients in order given except Cardamom Culinary Essential Oil. Blend until pureed and warm (the blender will turn so quickly, it will heat the mixture to warm). Pour into a serving dish and stir in the essential oils before serving. Garnish with a dash of cinnamon if desired.

CARDAMOM MERINGUES

Ingredients:

- 3 egg whites
- 1 cup raw sugar
- 1 drop Cardamom Culinary Essential Oil

Directions:

Preheat oven to 275°F (135°C). Line cookie sheets with foil or parchment paper. In a large glass or metal mixing bowl, beat egg whites until foamy. Gradually add sugar, continuing to beat until stiff peaks form. Quickly beat in the Cardamom Culinary Essential Oil. Drop by rounded spoonfuls onto the prepared cookie sheets. Bake for 60 to 90 minutes until cookies are completely dried out. Let cool before peeling off of the sheets. Store in an airtight container for up to 1 month.