

CORIANDER



GRAPEFRUIT AND FENNEL SALAD

Ingredients:

- 3 large ruby red grapefruit, peeled and sectioned with white pith completely removed
- 1 large fennel bulb or 3 stalks of celery, sliced
- 2 avocados, sliced into ¼ inch wedges
- 1 drop Spearmint Culinary Essential Oil
- 2 drop Coriander Culinary Essential Oil
- ¼ cup orange juice
- 1 tbsp. lime juice
- Pinch of salt
- ¼ tsp. of ground black pepper

Directions:

In a large bowl, combine grapefruit and sliced fennel bulb (or celery) and mix. In a small bowl, mix culinary essential oils, spices, and lime and orange juice. Stir ingredients in the small bowl with a toothpick, then pour over grapefruit and fennel, let marinate at least one hour. Before serving, gently mix in avocados with salad; garnish with fennel tops and mint leaves.

Hint: To get just a touch of culinary essential oil, run a toothpick along the ridge of the top of the bottle, or dip into hole in top if using a thin, flat toothpick.

SPICED CARROT SALAD

Salad ingredients:

- 1 lb. (about 5-6 medium) raw carrots, grated or use a vegetable peeler to make curls
- 1 red onion, thinly sliced into half moons
- 1 navel orange, peeled and sliced into small chunks
- 5 Medjool dates, pitted and sliced into thin strips

Dressing ingredients:

- Juice of 1 lemon
- Juice of 1 orange
- 2 cloves garlic, diced
- ¼ tsp. black pepper
- ½ tsp. salt
- 1 touch with a toothpick of Coriander Culinary Essential Oil
- ¼ tsp. ground paprika
- 1 touch with a toothpick of Cinnamon Culinary Essential Oil
- 1 tsp. raw honey or other natural sweetener

Directions:

Lightly toss carrots, onions and orange chunks together in a large bowl. In a jar, mix lemon juice, orange juice and ground spices. Put lid on and shake well. Mix culinary essential oils into sweetener with a toothpick, then add to jar and shake well until the honey dissolves in the juices. (Hint: Use a thin toothpick dipped into the opening of the culinary essential oil bottle, or rub around the inside of the lid to soak the bottom half of it in the culinary essential oil, then mix that into your sweetener to flavor it.) Pour over salad and chill for several hours before serving.

FENNEL, CORIANDER AND ORANGE SLAW

Salad ingredients:

- 1 bulb fennel, cored, quartered and sliced thinly
- ½ head red cabbage, shredded
- 1 red bell pepper, diced
- ½ cup cilantro, chopped
- 3 green onions, diced (use both white and green parts)
- 2 large oranges, peeled and sliced thinly

Dressing ingredients:

- 2 tbsp. coconut milk or other milk
- Juice of 1 large lime
- ½ tsp. ground cumin
- 1 tsp. maple syrup
- 1 drop Coriander Culinary Essential Oil
- Salt and pepper to taste

Directions:

Lightly toss all of the salad ingredients in a large bowl. Mix all of the dressing ingredients in a small dish. Pour the dressing over the slaw tossing lightly to coat well. Chill for 1 hour before serving.