

LEMONGRASS

LEMONGRASS COCONUT ZUCCHINI PASTA

Sauce ingredients:

- 1 cup coconut milk, full fat
- 2 green onions, chopped
- 1 tsp. minced fresh ginger
- Dash of coconut aminos
- ¼ cup fresh lime juice
- Zest from 1 lime
- ¼ tsp. coconut sugar
- 1 drop Lemongrass Culinary Essential Oil
- Salt and pepper to taste

Veggie pasta ingredients:

- 1 bunch baby spinach leaves
- 10 fresh basil leaves
- ½ cup fresh cilantro, chopped
- 2 medium Roma tomatoes, diced
- ¼ cup cashews, crushed
- 3 medium zucchini, sliced into thin noodles with either a spiralizer, mandoline or potato peeler

Directions:

In a medium bowl, mix all sauce ingredients together with a whisk and set aside to allow the flavors to set in. In a large bowl, lightly toss all of the pasta ingredients. Serve with the sauce as is, or you can warm it up at a low temperature for 10 minutes. Place pasta in individual bowl, pour sauce over pasta and serve immediately.



LEMONGRASS AND HIBISCUS ICE TEA

Ingredients:

- ½ cup dried hibiscus flowers
- ¼ cup coconut sugar
- ½ cup fresh lime juice
- 1 lime, sliced into circles
- 1 drop Lemongrass Culinary Essential Oil
- 1 drop Basil-Sweet Culinary Essential Oil (optional)
- 2 quarts fresh water

Directions:

Bring the water to a boil in a non-aluminum pot. Remove from heat, add hibiscus flowers, cover and steep for at least 30 minutes. Strain the hibiscus-infused water into a glass pitcher. In a small bowl, mix culinary essential oils into the sugar, pour into pitcher and stir well. Add lime juice and slices, stir again, and add more sugar if you want it sweeter. Let cool before serving.

Serving suggestion: Freeze fresh basil leaves into ice cubes and put into tall glasses and pour tea over right before serving. Garnish with fresh basil leaves and extra lime slice on edge of glass.

THAI LEMONGRASS CURRY SALAD

Salad ingredients:

- 1 small red pepper, julienned
- 1 small yam, peeled and julienned, or spiralized
- 1 medium carrot, julienned
- 1 small zucchini, julienned or spiralized
- 1 tbsp. sesame seeds
- ¼ cup cashews, chopped

Dressing ingredients:

- ¼ cup coconut milk, full fat
- 2 tsp. red Thai curry paste, or more to taste
- 1 drop Lemongrass Culinary Essential Oil
- 1 tsp. fresh ginger, minced
- ¼ cup fresh lime juice
- 1 tbsp. basil, minced

Directions:

Mix all salad ingredients in a large bowl and let sit in refrigerator. In a blender, put all of the dressing ingredients, except the culinary essential oil, blend for approximately 1 minute. Add culinary essential oil and blend again 30 seconds. Pour into salad dressing cruet and chill before serving with salad. Pour on as desired and enjoy.