

LIME



FRUIT AND LIME WATER

Ingredients:

- 2 quarts cold water
- Slices of fruit (try peaches, cherries, tangerines, strawberries, raspberries, lemons, oranges or limes)
- 2 drops Lime Culinary Essential Oil
- Ice

Directions:

In a large glass pitcher (gallon size works great) or water dispenser add water and Lime Culinary Essential Oil, stir well, add sliced fruit, stir gently again, add ice and serve.

AUSTRALIAN BAKED FISH

Ingredients:

- 4 prepared whole char (or trout)
- Pinch salt, pepper
- Coconut flour for coating
- 2 tbsp. lemon juice
- 1 drop Lime Culinary Essential Oil
- 5-7 oz. butter
- Freshly chopped parsley or tarragon
- 1 wedge lemon

Directions:

Preheat oven to 400°F (204°C). Wash the fish and pat dry. Season the fish in and out with salt and pepper. Coat both sides in flour. In a small bowl blend lemon juice, Lime Culinary Essential Oil and butter. Spread inside of fish evenly. Save some to add butter on top of fish. ("Blob" butter - do not spread). Line cookie sheet with foil and place fish on cookie sheet. Bake for 20 minutes. Before serving, sprinkle with parsley or tarragon and add lemon slices.

PICO DE RIO GRANDE

Ingredients:

- 3 large tomatoes sliced into ½ inch chunks
- ½ red onion, diced
- 2 green onions, diced
- 1 yellow bell pepper, diced
- 1 jalapeño, minced
- 2 cloves garlic, minced
- 3 tomatillos, diced
- 1 large bunch cilantro, removed from stems and chopped
- ¼ teaspoon salt
- 1 drop Lime Culinary Essential Oil

Directions:

Mix gently in a large glass serving dish. Serve with chips, veggie sticks or over your favorite Latin-inspired dishes.