

SPEARMINT



SPEARMINT CUCUMBER TOMATO SALAD

Ingredients:

- ½ cup red wine vinegar
- 1 tsp. garlic, minced
- 1 tsp. raw sugar or stevia
- 1 tsp. salt and pepper
- 1 drop Spearmint Culinary Essential Oil
- ¾ cup red onion, diced finely
- 2 large cucumbers
- 3 large tomatoes

Directions:

Combine all ingredients EXCEPT cucumbers, onions, and tomatoes in a large bowl. Add more garlic to offset the vinegar taste if it's too strong. Add in cucumber, tomatoes, and onion and mix thoroughly. For best flavor, serve chilled.

SPEARMINT LEMONADE

Ingredients:

- 2 cups lemon juice (freshly squeezed juice from lemons is recommended)
- 2 cups water
- 2-3 drops Spearmint Culinary Essential Oil
- 2 cups mint syrup

Mint syrup ingredients:

- 2 cups raw sugar or 1 cup of honey or grade B maple syrup
- 1 cup water

Directions:

Combine ingredients for syrup in saucepan and simmer over low heat until melted. Let cool to room temperature, then add 2-3 drops of Spearmint Culinary Essential Oil. Combine syrup with lemonade (add more water to make 2 quarts) and serve cold.

SPEARMINT HONEYDEW SALAD

Ingredients:

- 1 honeydew, cubed
- 2 cucumbers, cubed
- ½ red onion, chopped
- 1 drop of Spearmint Culinary Essential Oil
- 1 freshly squeezed lemon
- Lime juice to taste
- Salt and pepper to taste

Directions:

Mix all ingredients together in a bowl and enjoy!