



# My Essential Oil Recipe Book: Blank Cookbook

*The Lavender Patch*

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## **My Essential Oil Recipe Book: Blank Cookbook** The Lavender Patch

Cooking with essential oils has become increasingly popular as more people become aware of the medicinal and flavor enhancing benefits. Edible, therapeutic grade essential oils infuse any dish with additional nutrition and immune boosting power. However, it can be hard to keep track of all those recipes, especially when you compile recipes on notecards from friends and family, in addition to having some culinary creations of your own and recipes from various magazines. This beautifully designed recipe book was made to help you stay organized keep all of your essential oil recipes in one place. \*\*\*\*\*Holds up to 96 Recipes\*\*\* This particular blank recipe book features a scrapbook style design inside. There is a place at the top of the page for the title of the recipe and then there is a large space for a photo. Paste photos from magazines, your own photos or other images for inspiration. You'll also find a section to write the directions and ingredients in each recipe. \*\*\*When developing your recipes, make sure you only use (CPTG Certified PURE Therapeutic Grade essential oils). This is extremely important because some cheap oils found in some stores are not edible. Always buy your oils from a trusted source, and never consume cheap oils. "Modern Essentials" by aroma tools is a great guidebook to help you navigate the world of essential oils. There are also plenty of good cookbooks out there about how to properly cook with essential oils.\*\*\*

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