

# Cilantro

*Coriandrum sativum* 15 ml

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PRODUCT INFORMATION PAGE



CPTG™

## PRIMARY BENEFITS

- Known as a key culinary ingredient, Cilantro oil comes from an herb recognised for its many uses and benefits in the kitchen.
- Formulated from the leaves of the coriander plant, Cilantro has a clearing and clarifying aroma that gives food a fresh and tasty flavour.
- Has light, herbal scent.
- Ideal for homemade dips, sauces, salads and a variety of savour dishes to infuse food with its herbal flavour.

## PRODUCT DESCRIPTION

The many uses and benefits of Cilantro have been documented for centuries. Cilantro's culinary uses are endless! Quickly add a fresh, tasty twist to meats, salads, dips, and stir fries. The distinct, herbal flavour is sure to enliven any dish!

## USES

- Add to stir fries, salads, and dips to experience Cilantro's distinct flavour.
- Forget about chopping herbed cilantro; make your cooking experience an easy one by using Cilantro essential oil.

## COOKING WITH CILANTRO

Essential oils are very potent compared to dry seasonings, spices, or other flavouring agents, so even the tiniest amount can add a serious blast of flavour to your dish. When using Cilantro in cooking, it is best to use the toothpick method – dip the tip of a clean toothpick into the essential oil bottle and stir the toothpick into your ingredients. After you've stirred the toothpick around in the dish, do a taste test to see whether you want to add more of the oil or not.

## DIRECTIONS FOR USE

For food flavouring.

## CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. Keep out of eyes and mucosa.

