



For our *Culinary Essential Oils*, we offer whole plant aromatics for cooking & crafting that naturally enliven pure flavors. There are 75-100 drops of essential oil in a teaspoon, and 1 drop of these aromatic “liquid herbs & spices” is equivalent to 1 ounce of dried botanicals, so start with a single drop and adjust accordingly.

GINGER GHEE SAUTÉED SPINACH

INGREDIENTS:

2 teaspoons Pasture Raised **Ghee**
1 drop of **TB Ginger Culinary Essential Oil**
1 10-ounce package organic baby **Spinach**
2 pinches of **TB Allspice Pepper Mélange Botanically Infused Salt** or plain **Sea Salt**

TB | TidBits: *To make it a full vegetarian meal, add 1 cup of chickpeas and an additional drop of the Ginger CEO.*

METHOD:

Melt the ghee in a large skillet over medium-high heat and stir in the Ginger CEO. Add the spinach by the handful and cook, stirring, until the spinach wilts, 3 to 5 minutes. Sprinkle the spinach with the Allspice Pepper Mélange BSB and toss gently to finish. Adjust the seasoning if you like and serve warm.

Enjoy this simple & delicate yet slightly zingy side dish...

Serves 2.

cultivate. cook craft celebrate.

Be inspired & visit our Recipe Library at TERREBOTANICALS.COM.

{ A PRODUCER OF BOTANICALLY INFUSED COMPLEMENTS FOR FOODS & BEVERAGES }

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