

Lemon Vs Lemongrass

10 Recipes with Lemon and 10 Recipes
with Lemongrass

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10 Lemon Recipes

#1- Lemon Tea

Lemon tea is a popular drink and a really good solution for when you have a scratchy throat or cold. It can also help with detoxing.

There are two ways to make a great lemon tea.

Boil 8 oz. of water and put it into a tea cup with either 1-2 drops of lemon essential oil. (must be food grade and the kind you can use internally) or the juice of ½ a lemon. The essential oil is stronger and less sour. Then stir in 1 tablespoon of honey and drink.

#2- Chicken with lemon



I like to add 1-2 drops of lemon essential oil or 1 tablespoon of lemon juice to chicken after I cook it. It adds a very nice flavor. You can do this with pretty much any chicken recipe.

#3 Fish with lemon

Have you ever added a squeeze of lemon to your salmon or other fish? Then you know what I am talking about. I especially like lemon with salmon but it is also good with tuna, halibut, tilapia and other fish dishes.



#4- Quinoa Salad

I like to make a cold quinoa salad and flavor it with lemon. My favorite combination is cold cooked quinoa with a can of tuna,

an avocado, and some cooked broccoli or peas. Then I add in 1 drop of lemon essential oil. It's so yummy.



#5- Sugar Free and Gluten Free Blueberry Muffins. You can find the recipe at : <https://doterra.com/US/en/blog/recipes-sugar-and-gluten-free-blueberry-lemon-muffins>

I've also made them with strawberries or raspberries as well.

#6 – Lemon Kale Chips. These are surprisingly very good.

<https://doterra.com/US/en/blog/recipe-kale-chips>

#7- Rosemary and Lemon Humus-



<https://doterra.com/US/en/blog/recipes-rosemary-lemon-hummus>

You can also make another variation where you use basil instead of rosemary. I've also bought humus at the grocery store and then added in the lemon.

I like to serve the humus with chicken or fish along with my veggies and rice or quinoa.

#8- Green Smoothie with Lemon



Yes really you can make a green smoothie and add in 1-2 drops of lemon essential oil (preferred) or a small squirt of lemon along with the other greens and fruits. I've found this tastes good with pretty much any green smoothie although smoothies that have either strawberries or blueberries in them taste better.

#9- Avocado Salad



There is something about the combination of avocados and lemon in a salad that is just really yummy. Again like with most of these recipes I prefer the lemon essential oil but lemon juice can work too. You combine 1-2 fresh avocados in a bowl with sliced tomatoes, red onions, cucumbers and red or green peppers and then stir in 1-2 drops of the lemon oil.

#10- Salsa



If you've never tried lemon in salsa, then you are missing out. You make your salsa just like you normally would and then add in 1-2 drops of lemon essential oil or 1 squeeze of lemon juice at the end and then stir.

10 Lemongrass Recipes

Lemongrass is commonly used in Thai and Chinese cooking. It is also less common than lemon however; it can in some cases even be used interchangeably.

Some of the things that go really well with lemongrass include: coconut milk, and curry.

#1- Red lentil and lemongrass soup.

<https://doterra.com/US/en/blog/recipes-coconut-lemon-grass-red-lentil-soup>

This is a great soup recipe for a cold wintery day when you want to fill your belly with something good and warm.

#2- Natural Bug Repellent-



If you are anything like me, mosquitos and other bugs like to eat me alive. I've found that I can put 5-10 drops of lemongrass essential oil in a 2 oz. spray bottle, fill with water and then spray on and around me, and they won't touch me.

#3- Muscle Cream

I like to add 2-3 drops of lemongrass essential oil to a plain unscented lotion keep a small container by my bed or in my purse. Lemongrass can help reduce muscle spasms and is handy for if you

make up in the middle of the night and your leg starts feeling a bit funny or achy.

#4- Quinoa Salad just like above with lemon

Lemongrass adds a different kind of flavor but I've found that it tastes really good with quinoa salads too just like lemon does.

#5- Lemongrass vegetable soup



I started using lemongrass as an essential oil when I started using them about 6 years ago so I've actually never used the lemon grass plant or herb.

I've made this soup recipe a few times that was really good.

1 can of tomatoes

1 can of chicken broth

sliced zucchini, carrots, and onions and potatoes

I cook the all in a crock pot or slow cooker and then at the end stir in 1-2 drops of lemongrass essential oil.

#6- Coconut milk smoothie with lemongrass

As I mentioned above coconut milk and lemongrass go really well together. I've tried it with almond milk and it didn't taste as good.

You can make a yummy smoothie with coconut milk, your choice of berries, vanilla or chocolate protein powder. (I really like the trim shake from Doterra) and 1-2 drops of lemongrass essential oil.

#7- Chicken and veggie stir fry with lemongrass.



I make a normal chicken and veggie stir fry with any combination of my favorite vegetables or whatever ones I have on hand. I cook the veggies and chicken thoroughly in a little bit of olive oil then add 1-2 drops of lemongrass essential oil at the end.

Note: I've tried lemongrass with fish and it's not my favorite although some people probably enjoy it.

#8- Lemongrass with salad

You can make a large green salad with your choice of veggies and add in 1-2 drops of lemongrass essential oil and it tastes really yummy as well. I like to include lettuce, tomatoes, cucumbers, avocado, black olives, and red onions and then maybe some almonds or sesame seeds. I then usually will mix the lemongrass oil with olive oil and toss the salad to coat it to make a dressing.

#9- Lemongrass diffuser recipe for bugs no more

Sometimes you may not want to put lemongrass on your skin but yet you still want to chase bugs away. You can diffuse lemongrass in a diffuser instead. However, I personally don't love the smell of lemongrass without adding in other oils.

A few of my favorites include:

2 drops each of lemongrass and wild orange

2 drops each of lemongrass and eucalyptus

2 drops each of lemongrass and lavender

#10- Lemongrass chicken soup or chicken stock

Lemongrass can also be added to chicken stock or to a chicken soup to add a nice flavor and give it some kick.

I prefer to do this with more of a chicken stock that has very few other ingredients.

You boil the chicken broth and then add in 1-2 drops of the lemongrass essential oil and 1-2 finely chopped onions and carrots. Then that's it. You can drink it or eat it as a plain soup.

Buy lemon and lemongrass essential oils that you can cook with at:

<http://mydoterra.com/annalaurabrown>

Contact me for your free wellness consultation at:

<http://askannalaura.com>