



# Oil infusion

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MAKES 1 OIL INFUSION IN A JAR OF C.A 250-300 G/8-10 OZ  
SHELF-LIFE 6 MONTHS OR 1 YEAR IF YOU USE VITAMIN E

## Ingredients

### Oil of your choice

c.a 250-300 g/8-10 oz or to fill up the jar

### Dried flowers or herbs of your choice

c.a 50 g/1.76 oz or to fill up half of the jar

### Optional additives

1% Vitamin E\*

\*See making steps for details

## Tools

- Glass jars
- Heat-resistant mason jar
- Teaspoon
- Nut-milk bag or pair of stockings or a thin muslin cloth

## Instructions

- Fill the jar with flowers and oil.
- Leave the jar in a dark place to infuse for at least 2 weeks (ideally 4-6 weeks) or cook the herbs bain-marie in a heat-resistant jar for 30-40 minutes.
- Wrap the top of the jar with the cheesecloth.
- Pour the oil from the old jar to a new empty one.
- Optionally add Vitamin E
- Label the jar (name, ingredients, date of infusion).

## Notes

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