

OREGANO OIL

HOW TO MAKE OREGANO OIL [OBJ] [OBJ] [OBJ] [OBJ]

HOMEMADE DIY OREGANO OIL

Yield: 1 PINT prep time:

15 MINUTES cook time:

15 MINUTES additional time:

14 DAYS total time:

14 DAYS 30 MINUTES Make this simple DIY oregano oil to use therapeutically and add flavor to your homemade dishes too.

INGREDIENTS

- ½ cup dried oregano leaves
- ½ cup extra virgin olive oil (you can also use Coconut Oil)

INSTRUCTIONS

1. In a mason jar combine equal parts olive oil and dried oregano leaves.
2. Shake to cover all the leaves well with oil.
3. Bring water to a boil in a pot and then turn off the heat.
4. Submerge the oil mixture in the jar up to the “shoulder” of the jar.
5. Allow it to sit for 15 minutes.
6. Remove and place in a warm sunny window for 2 weeks, shaking the jar every day or every other day.
7. After 2 weeks strain the oil through a cheesecloth or mesh strainer.
8. Place strained oil back in the jar and store it in a cool dark location like the pantry or even your fridge for a longer shelf life.

Dosage

Take 1 - 2 drops of oregano oil a day for any type of condition that would normally call for a prescription of antibiotics.

WHAT IS HOMEMADE OREGANO OIL GOOD FOR?

Homemade oregano oil has numerous health benefits, including its antibacterial and antimicrobial properties that combat infections, relief from muscle and joint pain, support for digestive issues, and immune system boosting effects.

Additionally, it can be incorporated into cooking as a flavor-enhancing ingredient.