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Essential Oil Rollerball Blends & Recipes for Adults

stress away blend for mama:

18 drops [balance](#)
18 drops [serenity](#)
18 drops [lavender](#)
18 drops [grapefruit](#) or [citrus bliss](#)
4 drops [wild orange](#)

peace & calming blend for mama:

6 drops [sandalwood](#)
6 drops [ylang ylang](#)
6 drops [cypress](#)
6 drops [bergamot](#)
6 drops [black pepper](#)

“grounding” blend for adults:

2 drops [patchouli](#)
2 drops [vetiver](#)
2 drops [lime](#)
20 drops [balance](#)
20 drops [lavender](#)

upset tummy blend for adults:

10 drops [peppermint](#)
10 drops [ginger](#) (or you can use a pre-made blend like [digestzen](#))

sleep blend for adults:

4 drops [marjoram](#)
10 drops [frankincense](#)
10 drops [bergamot](#)
12 drops [roman chamomile](#)
12 drops [vetiver](#)
15 drops [lavender](#)
10 drops [cedarwood](#)

“liquid morphine” for adults:

30 drops [marjoram](#)
30 drops [lemongrass](#)
30 drops [frankincense](#)

aching muscles blend for adults:

10 drops [peppermint](#)

6 drops [clove](#)

10 drops [wintergreen](#)

6 drops [black pepper](#)

(Massage into achy areas.)

body aches blend for adults:

10 drops [eucalyptus](#)

10 drops [lavender](#)

10 drops [deepblue](#)

“wakeup” blend for adults:

30 drops lemon

8 drops [eucalyptus](#)

6 drops [peppermint](#)

2 drops [cinnamon](#)

Essential Oil Rollerball Blends & Recipes for Kids

sleep blend for kiddos:

15 drops [lavender](#)

10 drops [serenity](#)

5 drops [roman chamomile](#)

owies blend for cuts, scrapes and bug bites for kiddos:

10 drops [lavender](#)

10 drops of [melaleuca](#)

(Apply on effected area.)

focus on school blend for kiddos:

10 drops [peppermint](#)

10 drops [wild orange](#)

Essential Oil Rollerball Blends & Recipes for Family

congestion blend for families:

40 drops of [breathe](#)

25 drops of [lime](#)

(Apply over sinus, temples, and ears)

“flu bomb” for families:

10 drops [oregano](#)

18 drops [lemon](#)

15 drops [melaleuca](#)

15 drops [onguard](#)

(Apply on lymph nodes, neck, spine and feet when the flu is spreading or at the first sign of symptoms.)

headache blend for families:

10 drops [frankincense](#)

10 drops [lavender](#)

10 drops [peppermint](#)

tension headache blend for families:

9 drops [peppermint](#)

5 drops [clove](#)

9 drops [wintergreen](#)

6 drops [ginger](#)

ADHD blend for families:

30 drops [balance](#)

14 drops [patchouli](#)

30 drops [serenity](#)

50 drops [lavender](#)

16 drops [vetiver](#)

mental clarity blend for families:

8 drops [rosemary](#)

12 drops [lemon](#)

4 drops [cypress](#)

anti-anxiety blend for families:

4 drops [frankincense](#)

4 drops [marjoram](#)

6 drops [geranium](#)

6 drops [clary sage](#)

4 drops [orange](#)

motion-sickness for families:

16 drops [peppermint](#)

16 drops [ginger](#)

(Apply to wrists, back of neck and clockwise on tummy.)

“anti-exhaustion” blend for families:

14 drops [eucalyptus](#)

10 drops [rosemary](#)

6 drops [grapefruit](#)

“bruise blend” for families:

20 drops of [lavender](#)
20 drops of [cypress](#)
20 drops of [frankincense](#)
(Roll on bruised area.)

sickness & cold prevention blend for families:

10 drops [onguard](#)
10 drops [oregano](#)
10 drops [lemon](#)
(Apply on feet when the flu is spreading or at the first sign of symptoms.)

seasonal discomfort blend for families:

10 drops [lavender](#)
10 drops [lemon](#)
10 drops [purify](#)
5 drops [frankincense](#)

allergy blend for families:

10 drops [lavender](#)
10 drops [lemon](#)
10 drops [peppermint](#)
(Apply to bottoms of feet up or back of neck up to 3 times a day.)

Essential Oil Blends for Mental Clarity

Combine oils like [Peppermint](#), [Lemon](#), [Rosemary](#), to improve concentration and memory.

In her article *10 Must-Try Essential Oil Recipes for Your Diffuser*, Jill of [The Prairie Homestead](#) recommends a blend of 2 drops each of Wild Orange and Peppermint essential oils “to increase alertness, or when you need a quick pick-me-up.”

To soothe a headache, Lisa P. on [Birch Hill Happenings](#) recommends diffusing equal parts Marjoram, Thyme, Rosemary, Peppermint, and Lavender oils. “This remedy works well if you can have the diffuser near your head while it is being used.”

Try this **Focus Blend** from Laura on [Green Living Ladies](#) by combining 2 drops Frankincense, 2 drops Vetiver, and 4 drops of a synergy blend like [doTERRA Balance](#) in your diffuser.

Energizing Essential Oil Blends

Combine earthy oils like Frankincense and Ginger with powerful green herbs like Basil, Peppermint, and Rosemary to increase your energy levels around your home or at the office.

Laura of [Green Living Ladies](#) offers her **Energizing Blend** combining 4 drops each of Peppermint and Wild Orange essential oils.

Laura also recommends for **Workout Time**, diffusing 2 drops each of Peppermint and Grapefruit essential oils with 2 drops of [doTERRA Slim & Sassy](#) metabolic blend to increase vigor and performance.

To boost the overall energy level in your environment, [Birch Hill Happenings](#) recommends mixing this **Stimulating Living Room Blend** of 8 drops Grapefruit, 4 drops Lavender, 4 drops Lemon, and 2 drops Basil essential oils in your diffuser.

Essential Oil Blends for Sensuality

To set the perfect mood for a romantic encounter, try this **Sweetly Sensual Diffuser Blend** from [Easy Aromatherapy Recipes](#). Combine 7 – 10 drops Sandalwood, 2 drops Vanilla, and 1 drop Jasmine or Ylang Ylang in your diffuser.

Set the mood **For a Romantic Dinner** with this diffuser blend from [Birch Hill Happenings](#) by combining 2 drops each of Black Pepper, Grapefruit, and Jasmine essential oils. *“It will set the evenings atmosphere for what lies ahead!”*

Holiday Celebration Essential Oil Blends

Aroma Web offers an excellent [Essential Oil Recipe for Celebrating, Giving Thanks and Expressing Gratitude](#) using Bergamot, Grapefruit, Cypress, Frankincense, Ylang Ylang, and Ginger. *“Combine all oils in a clean glass bottle and diffuse as you would other essential oil blends as you give thanks, pray or meditate.”*

To warm up the atmosphere in your home this holiday season, try the Cinnamon Spice Diffuser Blend of 4 – 6 drops Patchouli, 2 – 4 drops Cinnamon, 3 – 5 drops Sweet Orange, 1 – 2 drops Clove, and 1 drop Ylang Ylang essential oils [from Easy Aromatherapy Recipes](#).

Laura on [Green Living Ladies](#) suggests two great blends for celebration of the holidays. **Fall In Love With Fall** by mixing 4 drops each of Wild Orange and Cassia essential oils.

Or mix up some **Holiday Bliss** with Laura’s blend of 2 drops each White Fir, Cassia, and Wild Orange essential oils.

Insect Repellent Essential Oil Blends

To keep the creepy-crawlies away, Jill of [The Prairie Homestead](#) recommends diffusing a combination of 1 drop each Lemongrass, Tea Tree, Thyme, Eucalyptus, and Rosemary essential oils.

This insect-repelling blend [from Easy Aromatherapy Recipes](#) will also help to cool you down on a hot summer day. Diffuse a mixture of 4 – 6 drops Spearmint, 3 – 5 drops Peppermint, 3 – 5 drops Citronella, and 1 drop Lemongrass essential oils.

Essential Oil Blends for Stress Relief

When you're feeling stressed, Aroma Web suggests using the soothing power of Lavender, Clary Sage, Vetiver, Citrus, and Floral oils.

Take this edge off with this Calming Diffuser Blend from [Birch Hill Happenings](#). Combine 4 drops Roman Chamomile, 3 drops Lavender, 2 drops Clary Sage, 2 drops Geranium, and 1 drop Ylang Ylang in your diffuser.

To help you wind down, diffuse this Relaxing Woodsy Diffuser Blend [from Easy Aromatherapy Recipes](#) combining 4 drops Lavender, 2 drops Cedarwood, 2 drops Orange or Petitgrain, 1 drop Palmarosa or Ylang Ylang, and an optional 1 drop of Vetiver essential oil. *"It's a nice aromatherapy diffuser **essential oil for men**(with the palmarosa) because it's not too girly. Adding a drop of vetiver will give this recipe a smoky undertone."*

For stress relief, Laura on [Green Living Ladies](#) recommends her Calming Diffusing Blend of 3 drops each of Lavender, Geranium, and Roman Chamomile, plus 2 drops each of Clary Sage and Ylang Ylang essential oils.

Or try out Laura's **Stress Relief Now** essential oil blend of 4 drops Lavender, 3 drops Clary Sage, 2 drops Ylang Ylang, and 1 drop Marjoram in your diffuser.

Mood Lifting Essential Oil Blends

Aroma Web suggests using Sandalwood, Clary Sage, Lavender, as well as several Citrus and Floral oils. *"These recipes may help during times of depression and anxiety."*

To create a wonderful atmosphere when friends and family are gathered together, try this Entertaining Blend from [Birch Hill Happenings](#) by combining 3 drops Bergamot, 2 drops Geranium, and 3 drops Lavender essential oils in your diffuser.

For a quick pick-me-up, Laura on [Green Living Ladies](#) recommends diffusing **Be Happy**, a mixture of equal parts citrus oil blend such as [doTERRA Citrus Bliss](#) plus a mood-lifting oil blend like [doTERRA Elevation](#).

Or try Laura's **Emotional Healing Blend** of 2 drops each Wild Orange, Bergamot, Cypress, and Frankincense essential oils in your diffuser.

Essential Oil Blends for Immunity Support

During the spring and summer months, Jill of [The Prairie Homestead](#) suggests diffusing 2 drops each of Lavender, Lemon, and Peppermint essential oils *“to maintain clear breathing and a healthy immune response.”*

To strengthen respiratory function during cold and flu season, Jill also recommends blending 1 drop each of Lemon, Lime, Peppermint, Rosemary, and Eucalyptus essential oils.

On [Birch Hill Happenings](#), Roberta Wilson recommends mixing this Cold Combating Blend, a combination of 20 drops Orange, 10 drops Eucalyptus, 10 drops Juniper Berry, 10 drops Pine, 6 drops Basil, 6 drops Rosewood, and 4 drops Ginger essential oil. When you feel a bug coming on, add a few drops to your diffuser to help your body fight it fast!

Also for Cold and Flu Prevention, [Birch Hill Happenings](#) offers this excellent blend of 5 drops Lavender, 5 drops Eucalyptus, 3 drops Ravensara, and 2 drops Bay Laurel essential oils. *“This blend should be diffused throughout the cold and flu season.”*

For allergy symptom relief, Laura of [Green Living Ladies](#) offers her **Allergies Be Gone** blend of 2 drops each Peppermint, Lemon, and Lavender essential oils.

To **Purify The Air**, Laura suggests adding equal parts of a citrus oil blend such as [doTERRA Citrus Bliss](#) plus a cleansing oil blend like [doTERRA Purify](#) to your diffuser.

Laura of [Green Living Ladies](#) also delivers a blend to help you **Breathe Easy** during cold and flu season. Combine 4 drops of a respiratory blend like [doTERRA Breathe](#) with 2 drops each of Eucalyptus and Peppermint oils.

Essential Oil Blends for Relaxation & Sleep

To create a relaxing atmosphere, Lisa P. of [Birch Hill Happenings](#) suggests diffusing her Basic Calming & Relaxing Blend using 2 drops each of Lavender, Marjoram, and Orange, with 1 drop each of German and Roman Chamomile.

[Birch Hill Happenings](#) also suggests creating A Great Relaxer and Soother by combining 6 drops each of Grapefruit, Bergamot, and Lime, as well as 4 drops Ginger and 2 drops Sandalwood essential oils in your diffuser.

To create a soothing atmosphere that will help you wind down at the end of the day, try the Floral Lavender Diffuser Blend [from Easy Aromatherapy Recipes](#) combining 8 – 10 drops Lavender, 2 – 3 drops Lemongrass, and 2 – 3 drops Rose Geranium oils.

In the evenings, to aid with falling asleep, Jill of [The Prairie Homestead](#) recommends diffusing a blend of 1 drop each Bergamot, Lavender, Patchouli, and Ylang Ylang essential oils.

Aroma Web suggests [this diffuser recipe](#) using Roman Chamomile, Clary Sage, and Bergamot to help you relax and get a better night's rest.

Turn down the noise at the end of the day with Laura of [Green Living Ladies'](#) **Sleepy Time** blend of 2 drops each Roman Chamomile and Wild Orange essential oils, plus 4 drops of a soothing oil blend like [doTERRA Serenity](#).

Some Blends to Try

1. LET'S FOCUS ESSENTIAL OIL DIFFUSER RECIPE

This is a much-loved combo, and for good reason! It's perfect to increase alertness, or when you need a quick pick-me-up.

- 2 drops wild orange essential oil
- 2 drops peppermint essential oil

2. FRESH AND CLEAN ESSENTIAL OIL DIFFUSER RECIPE

This blend is wonderful for creating a welcoming atmosphere in your home. It's bright and fresh:

- 2 drops lavender essential oil
- 2 drops lemon essential oil
- 2 drops rosemary essential oil

3. ODOR ELIMINATOR ESSENTIAL OIL DIFFUSER RECIPE

We are animal-people, and we've had our fair share of "incidences" in our house. Whenever this happens, I like to diffuse this blend. It freshens up the air in no time:

- 2 drops lemon essential oil
- 1 drop melaleuca essential oil
- 1 drop cilantro essential oil
- 1 drop lime essential oil

4. SEASONAL SUPPORT ESSENTIAL OIL DIFFUSER RECIPE

These three oils together are spectacular for helping to maintain clear breathing and a healthy immune response. I use this blend especially during the spring and summer months.

- 2 drops lavender essential oil
- 2 drops lemon essential oil
- 2 drops peppermint essential oil

5. CITRUS EXPLOSION ESSENTIAL OIL DIFFUSER RECIPE

I love diffusing citrus blends when we have company coming over. It makes my house smell happy and clean.

- 1 drop lemon essential oil
- 2 drops wild orange essential oil
- 1 drop lime essential oil
- 1 drop grapefruit essential oil

6. DEEP BREATH ESSENTIAL OIL DIFFUSER RECIPE

I tend to be a very high-energy person. *The good part of that?* I get a lot done. *The bad part?* I have a hard time settling down sometimes...

I adore this blend for the evenings when I'm trying to slow my brain down, and I also like to diffuse it in the bedroom as I fall asleep:

- 1 drop bergamot essential oil
- 1 drop patchouli essential oil
- 1 drop ylang ylang essential oil

7. RESPIRATORY SUPPORT ESSENTIAL OIL DIFFUSER RECIPE

Use this blend to support respiratory function—especially during the winter months.

- 1 drop lemon essential oil
- 1 drop eucalyptus essential oil
- 2 drops peppermint essential oil
- 1 drop rosemary essential oil

8. FLOWER GARDEN ESSENTIAL OIL DIFFUSER RECIPE

Want your home to smell like a flower garden in full bloom? Try this one:

- 1 drop geranium essential oil
- 2 drops lavender essential oil
- 2 drops roman chamomile essential oil

9. MAN-CAVE ESSENTIAL OIL DIFFUSER RECIPE

I think this combo smells very masculine and woody... Although I enjoy it too.

- 2 drops white fir essential oil
- 2 drops cypress essential oil
- 2 drops wintergreen essential oil

10. BUG REPELLENT ESSENTIAL OIL DIFFUSER RECIPE

This combo isn't one that I'd necessarily wear as perfume, but it contains a collection of oils that most creepy-crawlies dislike:

- 1 drop lemongrass essential oil
- 1 drop thyme essential oil
- 1 drop eucalyptus essential oil
- 1 drop basil essential oil

11. SPICED CHAI ESSENTIAL OIL DIFFUSER RECIPE

Craving a cup of chai? Either make my [homemade chai tea concentrate](#), or put this blend in your diffuser:

- 3 drops cardamom essential oil
- 2 drops cassia essential oil
- 2 drops clove essential oil
- 1 drop ginger essential oil

12. SPICEY CITRUS ESSENTIAL OIL DIFFUSER RECIPE

What autumn should smell like.

- 3 drops wild orange essential oil
- 2 drops cinnamon bark essential oil
- 1 drop clove essential oil

13. WOODSY ESSENTIAL OIL DIFFUSER RECIPE

Feeling like a walk in the woods, but stuck at home? Try this instead:

- 3 drops frankincense essential oil
- 2 drops white fir essential oil
- 1 drop cedarwood essential oil

14. IMMUNE BOOSTER ESSENTIAL OIL DIFFUSER RECIPE

One of my favorite blends for the fall and winter months:

- 1 drop rosemary essential oil
- 1 drop clove essential oil
- 1 drop eucalyptus essential oil
- 1 drop cinnamon bark essential oil
- 1 drop wild orange essential oil

15. GOODBYE STRESS ESSENTIAL OIL DIFFUSER RECIPE

Feeling frazzled? This is one of my favorite combos:

- 2 drops frankincense essential oil
- 2 drops bergamot essential oil

16. G'NIGHT ESSENTIAL OIL DIFFUSER RECIPE

For a sweet night's sleep:

- 2 drops lavender essential oil
- 2 drops chamomile essential oil
- 2 drops vetiver essential oil

17. CANDY STORE ESSENTIAL OIL DIFFUSER RECIPE

I don't know why, but this one smells like candy. The kids love it, and it'll make your house happy.

- 2 drops wild orange essential oil
- 2 drop wintergreen essential oil

18. ENERGIZE ESSENTIAL OIL DIFFUSER RECIPE

Diffuse this one first thing in the morning for a big boost:

- 2 drops wild orange essential oil
- 2 drops frankincense essential oil
- 2 drops cinnamon essential oil

19. GROUNDING ESSENTIAL OIL DIFFUSER RECIPE

For those moments when everyone really needs to chill out:

- 2 drops vetiver essential oil
- 2 drops cedarwood essential oil

20. HAPPY HOLIDAY ESSENTIAL OIL DIFFUSER RECIPE

- 2 drops white fir
- 2 drops wild orange
- 1 drop wintergreen

HOW TO COOK WITH ESSENTIAL OILS

Never ever think about cooking with essential oils you have purchased from your chemist or health food shop. They are not guaranteed to be pure and often contain preservatives and fillers such as multi purpose liquid or mineral turpentine. The oil extracts themselves are often synthetically derived and made in a lab not by nature.

We use doTerra's essential oils only because they are certified pure therapeutic grade. Basically they are the beez kneez of purity and we trust them inherently.

Essential oils are typically added at the end of the cooking process in order to preserve their flavor. However, if you find that your flavor is coming out too strong, then let the dish simmer for just a bit before serving.

Substitute essential oils for fresh herbs and spices as well as in recipes that [call for lemon rind, orange peel, or zest.](#)

Use just a single drop.

They never go bad so you don't have to run to the grocery store if someone in your family ate that last orange you were going to zest! This is especially helpful in winter when fresh herbs or fruits run at a premium price.

From adding fruit flavors [to sherbets or ice creams](#), to making glazes or dips or drinks, using these ingredients in the kitchen may become one of your favorite shortcuts to healthy, easy cooking.

RECIPE IDEAS

FROZEN PEPPERMINT MOCHA COFFEE

Guaranteed to clean out your nasal cavities while providing your chocolate fix, [this coffee drink is sure to please](#) those who love their Starbucks, without the hefty price tag.



Frozen Peppermint Mocha Coffee Drink

SERVINGS: 2 DRINKS

INGREDIENTS

- **3 CUPS COFFEE**
- **1 CUP MILK**
- **4 TABLESPOONS UNSWEETENED COCOA POWDER**
- **2 DROPS PEPPERMINT EO**
- **2 FROZEN BANANAS SLICED**
- **3 DOZEN ICE CUBES**

INSTRUCTIONS

1. **BLEND IN A BLENDER UNTIL ALL INGREDIENTS ARE INCORPORATED.**



Cranberry Chutney

Ingredients

3 apples cored
2 cups whole cranberries
1 whole orange including peel
1/3 cup honey
2-3 drops orange EO

Servings: 4

Instructions

Use food processor or chopper to combine fruit.
Add honey and Orange oil.
Store in refrigerator

Jessie's Awesome Balls



Ingredients:

1 cup raw walnuts/ pecans or macadamias

10 medjool dates- seeds removed

2/3 cup desiccated coconut

2 tablespoons raw cacao

1 scoop of your favourite protein powder if you want- dōTERRA Slim & Sassy

Pinch Celtic sea salt

Dash organic, pure vanilla essence

5 drops doTERRA peppermint essential oil

Method:

In a thermomix or high power blender, blend the nuts on high (speed 9, for 20 seconds if using Thermomix).

Add all other ingredients and blend speed 9, 20 seconds. Roll into balls into desiccated coconut. Refrigerate and enjoy!

To make green, peppermint centered balls, mix one scoop of [Terra Greens](#) with one cup of softened coconut butter and 5 drops of peppermint oil. Roll into mini balls and freeze till hard. Simply stuff in the middle of your ball base like we've done in the photo above.

Cinnamon, Wild Orange and Black Pepper Raw Chocolate



Ingredients

- 200g raw cacao butter (eg. Loving Earth Raw Cacao Butter)
- 50-60g raw cacao powder (or to taste)
- 100g raw honey or pure maple syrup or rice malt syrup
- 1 tsp vanilla bean paste or natural extract
- 1/8 tsp fine sea salt

Instructions (for Thermomix)

- Chop cacao butter roughly with a knife on a chopping board, to approx. 1-2cm cubes. Place cacao butter into mixing bowl. Mill 20 sec/speed 8.
- Melt cacao butter for 10 mins/37°/speed 2, scraping down sides of bowl with spatula towards end of cooking time to ensure all the cacao butter is melted.
- Add remaining ingredients to mixing bowl and continue cooking 10 mins/37°/speed 1.
- Mix chocolate 10 sec/speed 5 to blend honey or syrup in, then pour into lined dish or chocolate molds or onto a tray for a thin chocolate bark.
- Place in the freezer immediately to set, as it will separate if you set it at room temperature.

Notes

You can use other sweeteners, whatever you prefer, to your own taste. Just be aware that if you use a 'sugar' like Rapadura or coconut sugar, you may find that it separates. (If this happens, stir in 30g coconut cream until mixture comes together.)

You can replace half the cacao butter with cold pressed coconut oil if you want to make a cheaper chocolate - but just be aware that it will melt really easily and needs to be kept in the freezer.

Before pouring into your moulds or tray, add

- 2 drops **dōTERRA Cinnamon Bark essential oil**
- 14 drops **dōTERRA Wild Orange essential oil**
- 6 drops **dōTERRA Black Pepper essential oil**

Struggling with keeping those Winter bugs away from your kids? You and everybody else I'm sure!

Here is a really yummy and healthy snack for kids and adults alike to keep their immune systems strong and ready to defend against invaders and it is soooooo simple.



Here's what you do-

Take 1 apple, slice it up into thin wedges, place the wedges in a bowl of cold water and add 1 drop of On Guard to it. Let the apples soak for 30 minutes to an hour and then eat!

The apples won't brown and they taste like Christmas. If you're a nut butter freak like I am, dip the apple wedges in some almond butter for extra deliciousness.

Oh and don't throw away the soaking water, it is full of flavour and so good for you!

You don't have to use On Guard, you could use Bergamont, Wild Orange, Lime or Chamomile as well depending on the desired effect you are looking for.

Chamomile is highly anti-inflammatory and very soothing to the body, Wild Orange is high in antioxidants and has fantastic antibacterial properties, Bergamont is uplifting and calming to the mood.

Don't be afraid of cooking with essential oils, be brave and have a play. Once you get a feel for the strength of flavour each oil imparts, you will develop a knack for it and absolutely love it.

ESSENTIAL OILS USED IN COOKING

- Basil
- Bergamot
- Black Pepper
- Cardamom
- Cassia
- Chamomile
- Cilantro
- Cinnamon Bark
- Clove
- Coconut
- Coriander
- Cumin
- Dill
- Eucalyptus
- Ginger
- Grapefruit
- Juniper Berry
- Lavender
- Lemon
- Lemongrass
- Lime
- Marjoram
- Orange
- Oregano
- Peppermint
- Rosemary
- Spearmint
- Sweet Fennel
- Tangerine
- Thyme