



HEALTHY COOKING

— for the —

BODY, MIND & SOUL





The foods we eat directly impact the way we look and feel.

In an effort to inspire individuals to live a life of wellness, purpose and abundance, Young Living Essential Oils is promoting the use of nature's living energy, essential oils, in daily cooking.

Essential Lifestyle: Cooking with Young Living Essential Oils offers simple recipes that make the most of your favourite therapeutic-grade essential oils, as well as other favourite Young Living products. Essential oils are known for their life-enhancing abilities, and can dramatically improve the body, mind and spirit. By incorporating essential oils into our daily diet, their profound effects can be easily obtained.

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BASIC COOKING WITH ESSENTIAL OILS

Young Living is taking the stress out of cooking. Understanding how our essential oils complement any particular food doesn't have to be complicated. Follow these simple tips to add more flavour and vitality to your everyday recipes.



SPICE IT UP: When used in conjunction with recipes containing chicken, fruit and sweet potatoes, **Cinnamon Bark essential oil**, which has a sharper taste than cinnamon powder, offers the perfect touch. It also provides a nice addition to spaghetti, squash, pumpkin, sweet breads or fruit juices. Just remember - a little goes a long way.



TASTE THE TANG: **Dill essential oil** adds tanginess to potato, cucumber, tomato salads and even coleslaw. Fish, chicken, pasta and many summer and winter vegetables also taste fantastic with Dill.



AROMAS OF ITALY: Italian dishes including spaghetti, pizza and lasagne are wonderful with **Basil, Oregano and Rosemary essential oils**. These essential oils can also liven up fish, vegetable soups and broth, savoury breads, scrambled eggs, spreads, pastas and grains.



A DROP OF CITRUS: Citrus essential oils such as **Orange, Lemon and Tangerine** work well when matched with chicken, seafood, fruits, vegetable salads and smoothies. They can also be added to bread, cake, biscuit, smoothie & chocolate recipes to enhance flavour. Water enhances bitterness in citrus essential oils, so only use 1 drop in water-based recipes.



REMEMBER THE THYME: Add **Thyme essential oil** to poultry marinade, pasta, polenta, beets, green beans and many egg dishes.



A COOL TWIST: For a refreshing change, try including **Peppermint and Spearmint essential oils** in cold water and hot or iced herbal teas.

ESSENTIAL OIL RATIOS & HELPFUL HINTS

How much of an essential oil should I use?

Young Living encourages individuals to start off by using essential oils in recipes that call for dried herbs, spices or fruit juices. Simply replace these ingredients with the companion essential oil.

Keep in mind that essential oils have a stronger flavour than dried herbs and spices. Even though there are approximately 60 drops of essential oil in a teaspoon, because essential oils are so potent, a much smaller amount would be sufficient.

Therefore, it is best to start out with small amounts of essential oil and then increase until the desired flavour preference has been reached.

CITRUS FRUIT

The juice or zest of one **Lemon, Orange, Tangerine or Grapefruit** can be replaced with 10-15 drops of its companion essential oil.

COMMON HERBS

1 tablespoon or more of **Marjoram, Oregano, Rosemary, Thyme, Fennel, Dill, Black Pepper or Coriander** can be replaced with ½-1 drop of its companion essential oil.

THE TOOTHPICK METHOD

With recipes that include less than 1 teaspoon of a herb or spice, dip a toothpick in the essential oil and then swirl it in the recipe to blend it with other ingredients. As **Cinnamon Bark, Ginger and Nutmeg essential oils** are much stronger than their companion spice, use the toothpick method outlined above when adding to recipes.

HELPFUL HINTS

When used alone, it is important not to heat essential oils beyond their flash point. This can be easily avoided by lowering your stove top temperature, using the essential oils in conjunction with extra virgin olive oil, or by adding essential oils when the dish has been removed from the heat or flame.

Since the flavour of essential oils can dissipate, add them to dishes immediately before serving if the recipe requires refrigeration. Young Living encourages the use of organic, natural ingredients whenever possible while cooking.

MEASUREMENTS TABLE

Liquid equivalents by volume

TEASPOON / TSP.	TABLESPOON / TBSP.	CUP	MILLILITRE / ML	LITRE / L
¼	⅛	-	1.25	-
½	⅜	-	2.5	-
1	¾	-	5	-
4	1	-	20	-
6	1½	⅛	30	-
8	2	-	40	-
12	3	¼	60	-
16	4	⅓	80	-
-	-	½	125	-
-	-	⅔	160	-
-	-	¾	180	-
-	-	1	250	-
-	-	2	500	-
-	-	4	1000	1



BEVERAGES



HOMEMADE LIME JUICE

INGREDIENTS

½ a large lime, including skin & pips
80 ml honey
1-2 drops YL Lime essential oil
1L water

INSTRUCTIONS: Roughly chop lime into small pieces.

Place lime into blender, slowly add water, set to a medium speed and then blend for 1 minute.

Once all water is added, slowly add honey and blend for 1 minute.

Add Lime essential oil and pulse blender for 10 seconds.

Makes 1 litre. Repeat as desired for larger quantities.

RECIPE FROM YL MEMBER

HAZEL HOLLAND

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HONEY LAVENDER LEMONADE



RECIPE FROM YL DIRECTOR
OF MARKETING & EVENTS

SINDY HARDCASTLE

INGREDIENTS

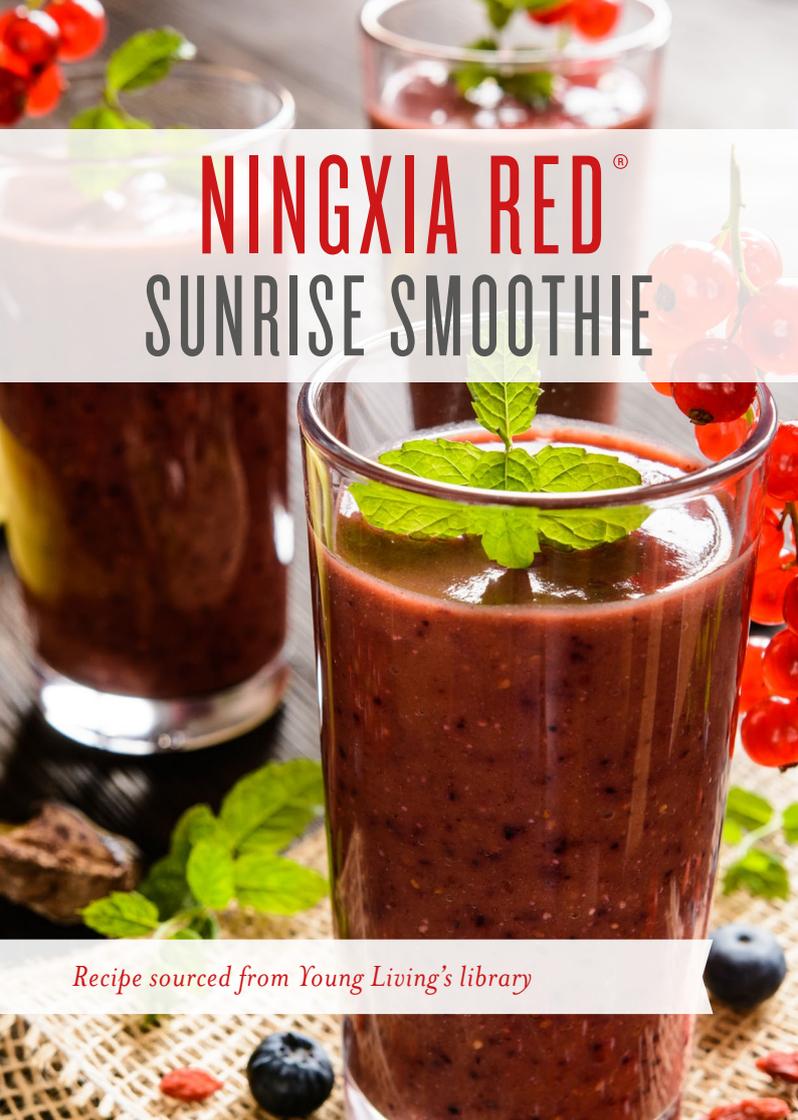
6 lemons, juiced
1 lime, juiced
½ cup honey
2 drops YL Lavender essential oil
10 cups (approx.) iced water
Lavender sprigs *Optional*

INSTRUCTIONS: Combine lemon juice, lime juice, honey and Lavender essential oil in a large glass pitcher.

Add water to taste and stir until well mixed.

Garnish with sprigs of lavender.

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NINGXIA RED[®] SUNRISE SMOOTHIE

Recipe sourced from Young Living's library

INGREDIENTS

2 cups unsweetened rice or soy milk

1 cup frozen mixed berries (blueberries, raspberries or blackberries)

1 small apple, deseeded & cored

1 cup ice cubes

½ cup YL NingXia Red[®]

½ cup plain yoghurt

¼ cup YL Blue Agave

1 tbsp. YL Balance Complete™

½ tsp. vanilla extract

2-3 drops YL Lemon essential oil

INSTRUCTIONS: Put all ingredients into a blender, then blend on highest setting for 30 seconds.

Serve in medium glasses.

Makes 5 - 5 ½ cups.

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OIL-SPICED CHAI TEA

INGREDIENTS

- 2 tsp. black tea
- 9 star anise pods, crushed
- 11 cardamom pods, crushed
- 8 clove buds, crushed
- 1 cup milk of choice
- 3 cups water
- 3 drops YL Black Pepper essential oil
- 3 drops YL Cinnamon Bark essential oil
- 2 drops YL Orange essential oil
- 1 tsp. local honey *Optional*

INSTRUCTIONS: Place water, star anise, clove buds and cardamom pods in a pot, place on the stove & bring to the boil for 10 minutes.

Turn the stove off and add the black tea, steeping for a further 5 minutes with the lid on.

Once steeped, strain the mixture to remove the black tea leaves and other solid ingredients.

Then, add milk of choice along with Cinnamon Bark, Black Pepper and Orange essential oils.

Sweeten to taste, then serve. Alternatively, this recipe can also be served chilled.

Makes 2 cups.

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RECIPE FROM YL MEMBER

ALEENA SIMPSON

"I like to add a small teaspoon of local honey to the mix, as I find it really helps to bring the spices out in the drink."

BREAKFAST



GLUTEN-FREE HOMEMADE MUESLI

INGREDIENTS

½ cup lecithin granules	4- 8 drops YL Grapefruit essential oil, according to taste
2 cups organic linseeds, coarsely ground	2 cups sunflower seeds
6 cups rice bran straws	4 cups walnuts
2 cups pepitas (pumpkin seeds)	4 cups coconut chips

PREPARATION: Mix together all ingredients except Grapefruit essential oil and store in an airtight container. This quantity will last several months.

SERVING: Take half a cup of muesli and add 4- 8 drops of Grapefruit essential oil, according to taste.

SERVING - ADDING VARIETY: Try adding some of the following:

- 2 tsp. chia seeds
- 2 tsp. organic flax seeds
- 1 tsp. slippery elm powder
- ½ tsp. cinnamon powder or 1 drop YL Cinnamon Bark essential oil
- 1 scoop YL Balance Complete™
- Organic Greek yoghurt

If adding chia or flax seeds, soak 1-2 teaspoons in ½ cup of filtered water or coconut water for 15 minutes or overnight before adding to the muesli mix. Top with some fresh fruit if desired.

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RECIPE FROM YL MEMBER

IRENE HESS-OATES



PEACH & MANGO BREAKFAST SMOOTHIE

Recipe sourced from Young Living's library

INGREDIENTS

½ cup frozen peaches
½ cup frozen mangoes
2 scoops (37g) YL Balance
Complete™

1½ cups water
YL Cinnamon Bark essential oil,
to taste

INSTRUCTIONS: Place ingredients into a blender and blend until smooth. Frozen fruit gives the smoothie a cold, thick consistency but can be replaced with fresh fruit.

Makes 1 serving.

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TOTALLY AWESOME BREAKFAST SHAKE



RECIPE FROM YL MEMBER

LOUISE WINTON

INGREDIENTS

½ mango	3 tbsp. of Greek yoghurt
1 banana	Handful of ice
1-2 scoops YL Balance Complete™	1 tsp. vanilla extract
1 tsp. YL JuvaPower®	3 drops YL Cinnamon Bark essential oil
30 ml YL NingXia Red®	3 drops YL Nutmeg essential oil
1-2 squirts of YL Mineral Essence™	3 drops YL Ginger essential oil
200 ml milk of your choice	

INSTRUCTIONS: Place all ingredients into a blender and blend until smooth.

Makes 1 serving.

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WOLFBERRY-APPLE PORRIDGE

INGREDIENTS

1 cup quinoa
2-3 cups soy milk
1 apple, chopped
1 tbsp. YL Blue Agave

1/3 cup YL NingXia Dried
Wolfberries
3 drops YL Cinnamon Bark
essential oil

INSTRUCTIONS: Bring quinoa and 2 cups of soy milk to boil. Reduce heat and simmer for 2-3 minutes.

Add apples, wolfberries and Cinnamon Bark essential oil. Cook for another 2 minutes. If porridge starts to stick or becomes too thick, add more soy milk. Cook until all soy milk is absorbed.

Serve porridge in small bowls. Drizzle Blue Agave over the top. Add warmed milk to porridge if desired.

Makes 3-4 servings.

Recipe sourced from Young Living's library

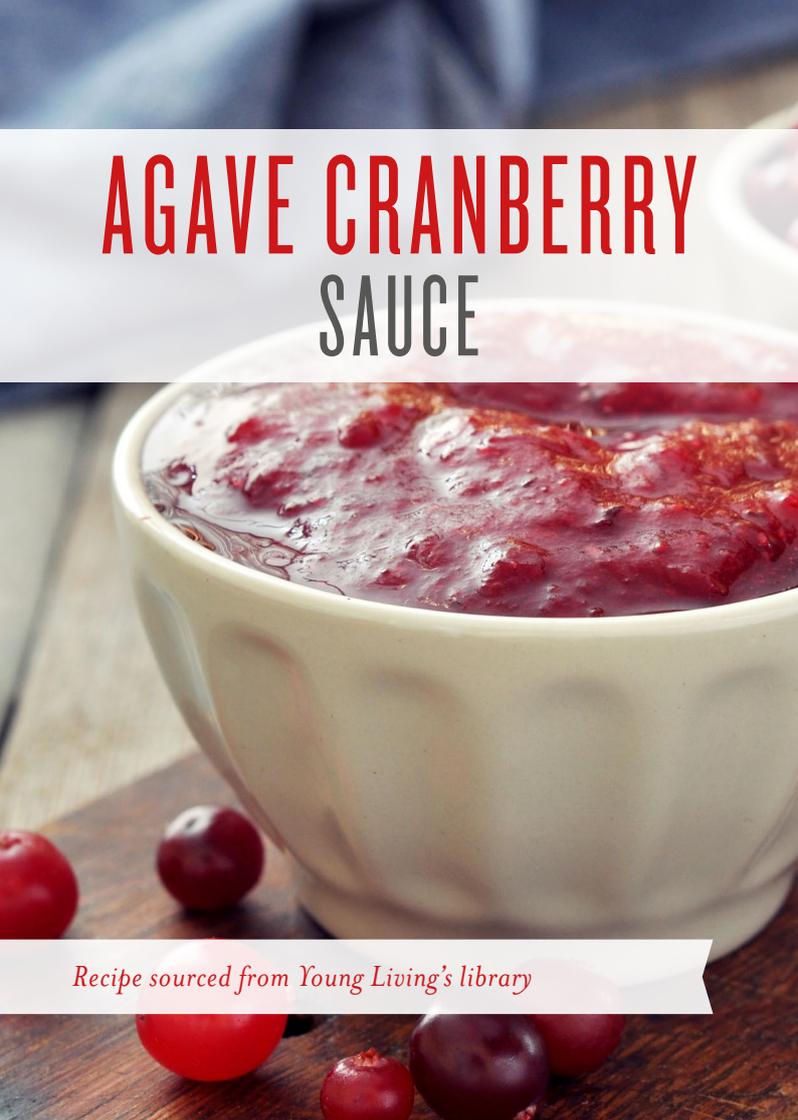
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DIPS, DRESSINGS & SAUCES



YOUNG LIVING
ESSENTIAL OILS

AGAVE CRANBERRY SAUCE



Recipe sourced from Young Living's library

INGREDIENTS

¾ cup purified water

½ cup YL Blue Agave

Cranberries, 1 cup dried or 1½ cup fresh or frozen

2 drops YL Orange essential oil

INSTRUCTIONS: Mix water and Blue Agave until dissolved. Bring to a boil, add cranberries and keep boiling. Reduce heat and gently simmer for 10-15 minutes until thickened.

Remove from heat and let cool. Add Orange essential oil and refrigerate for at least one hour.

Makes 1 - 1½ cups.

Enjoy alongside turkey and baked vegetables.

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AVOCADO DIP WITH CREAM CHEESE

INGREDIENTS

150 g avocado

150 g cream cheese

Pinch of salt

Squeeze of fresh lemon

2 drops YL Lemongrass essential oil

INSTRUCTIONS: Place all ingredients into a food processor and process until combined.

Serve with vegetable sticks and crackers.



RECIPE FROM YL MEMBER

TANIA MCKONE

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HOLY GUACAMOLE

INGREDIENTS

- | | |
|--|-------------------------------------|
| 2 avocados | 2 tbsp. chopped red onion |
| 2 drops YL Citrus Fresh™ essential oil | 1-2 Roma tomatoes, deseeded & diced |
| 1 drop YL Lime essential oil | 1 tbsp. chopped coriander |
| 3 tsp. fresh lime juice | Pinch of salt |
| 1 clove garlic, minced | Pinch of black pepper |

INSTRUCTIONS: Remove the pit from the avocados and scoop the flesh into a bowl, mashing roughly with a fork. Add all other ingredients and stir until mixed.

Garnish with chopped coriander.

Enjoy with tortilla chips or with your favourite Mexican-inspired dishes!



RECIPE FROM YL COMPLIANCE &
REGULATORY COORDINATOR

SAMANTHA WOOD

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HUMMUS WITH LEMON OIL



RECIPE FROM YL MEMBER

ZOE HOGAN

INGREDIENTS

- ½ cup olive oil
- 2 cups chickpeas, drained & rinsed
- 1 tsp. garlic powder
- 6 drops YL Lemon essential oil
- Salt and pepper to taste

INSTRUCTIONS: Place all ingredients into a food processor and process until combined.

Serve with a bowl of fresh veggies, pita chips, flat bread or in a wrap.



TOMATO & WOLFERRY CHUTNEY



RECIPE FROM YL MEMBER

KIM THOMSON

INGREDIENTS

200 g red onion, peeled, quartered	1 drop YL Ginger essential oil
1 kg ripe tomatoes	1 drop YL Black Pepper essential oil
250 g apples, peeled, cored & chopped into quarters	1 drop YL Nutmeg essential oil
300 g rapadura sugar	100 g YL NingXia Dried Wolfberries
200 g apple cider vinegar	2 tsp. celtic salt
2 cloves, whole	

PEELING TOMATOES: Score the base of each tomato with a cross. Place the tomatoes in a large bowl, cover with boiling water and leave for 5 minutes. Skins should easily peel away from the cross at the base. Chop the peeled tomatoes into quarters.

CHUTNEY: Place red onion and apple into food processor and chop for 5 seconds on medium-high speed. Set aside. Place tomatoes in food processor, chop for 5 seconds, medium speed. Add all other ingredients, including the apple, onion & clove, to the food processor. Mix for 5 seconds on a low-medium speed.

Remove from food processor and bring to a boil, then simmer on low heat on stove for 60 minutes. Increase heat to medium and cook for another 20 minutes. Keep stirring slowly and regularly. Lastly, add essential oils.

Test the consistency of the chutney by spooning a tablespoon of it onto a dish. If it is runny, keep cooking on low heat for 5-10 minutes and check again. Once consistency is achieved, place mixture into fridge for 5 minutes to cool. Place into sterilised jars. Enjoy!

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YARDLEY POPPY SEED SALAD DRESSING



Recipe sourced from Young Living's library

INGREDIENTS

1/3 cup balsamic vinegar	1 tsp. dry mustard
1/2 cup sunflower or extra virgin olive oil	3 tsp. poppy seeds
1/4 cup YL Blue Agave	1 tbsp. onion, grated
1 tsp. salt	Whole almonds <i>Optional</i>

INSTRUCTIONS: Combine ingredients except sunflower or extra virgin olive oil and then slowly whisk in oil.

Serve over a simple salad with mixed greens. Garnish with whole almonds if desired.

Makes 1 cup.

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SIDE DISHES





BAKED WINTER VEGETABLES

VEGETABLES

1 large sweet potato, peeled and sliced 1.5 cm thick

1 medium turnip, halved and cut into 6 wedges

1 large parsnip, peeled, cut lengthwise, sliced 4 cm thick

3 carrots, peeled, cut 5 cm thick

1 kg pumpkin, cut 5 cm thick

½ tsp. salt

¾ cup water

SEASONING

⅓ cup extra virgin olive oil

10 drops YL Black Pepper essential oil

2 drops YL Nutmeg essential oil

¼ tsp. salt

¼ tsp. ground black pepper

¼ tsp. onion powder

Fresh parsley

VEGETABLES: Place all vegetables into a 33 x 23 cm glass baking dish with pumpkin on the top. Sprinkle ½ tsp. salt over all, add water and tent with foil. Bake at 175°C for 45 minutes to 1 hour until veggies are fork tender. Remove from the oven, drain water and transfer to a serving bowl.

SEASONING: In a small bowl, combine all other ingredients except parsley and mix well. Add to baked veggies and gently toss. Garnish with parsley and serve.

Makes 3 - 4 servings.

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Recipe sourced from Young Living's library

DILL DEVILLED EGGS



RECIPE FROM YL
GENERAL MANAGER

KRISTEN TOD

EGGS

6 hardboiled eggs, shelled and halved lengthwise
2 tbsp. celery, minced
1¼ tsp. Dijon mustard
¼ cup mayonnaise
1 tbsp. chives, minced
5 drops YL Dill essential oil
Pinch of salt
Dash of black pepper

GARNISH

6 Manzanilla olives, halved
12 short slices of chives
Paprika

EGGS: Remove egg yolks into a small mixing bowl and mash with a fork. Add all other ingredients and stir vigorously until smooth. Spoon mixture into the empty whites.

GARNISH: Garnish each egg with your choice of half an olive, a piece of chive or a dash of paprika.

Makes 12 servings.

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FENNEL KALE SALAD

INGREDIENTS

1 cup diced garden greens (kale, wild greens, fresh mint, dark green lettuce leaves)

1 small bulb of fennel, including the tops

1 green apple

2 drops YL Lemon essential oil

1 drop YL Fennel essential oil

Pinch of salt

Dash of macadamia or olive oil

Chunky diced raw macadamia nuts *Optional*

INSTRUCTIONS: Dice all vegetables finely and cover in a few drops of Lemon essential oil.

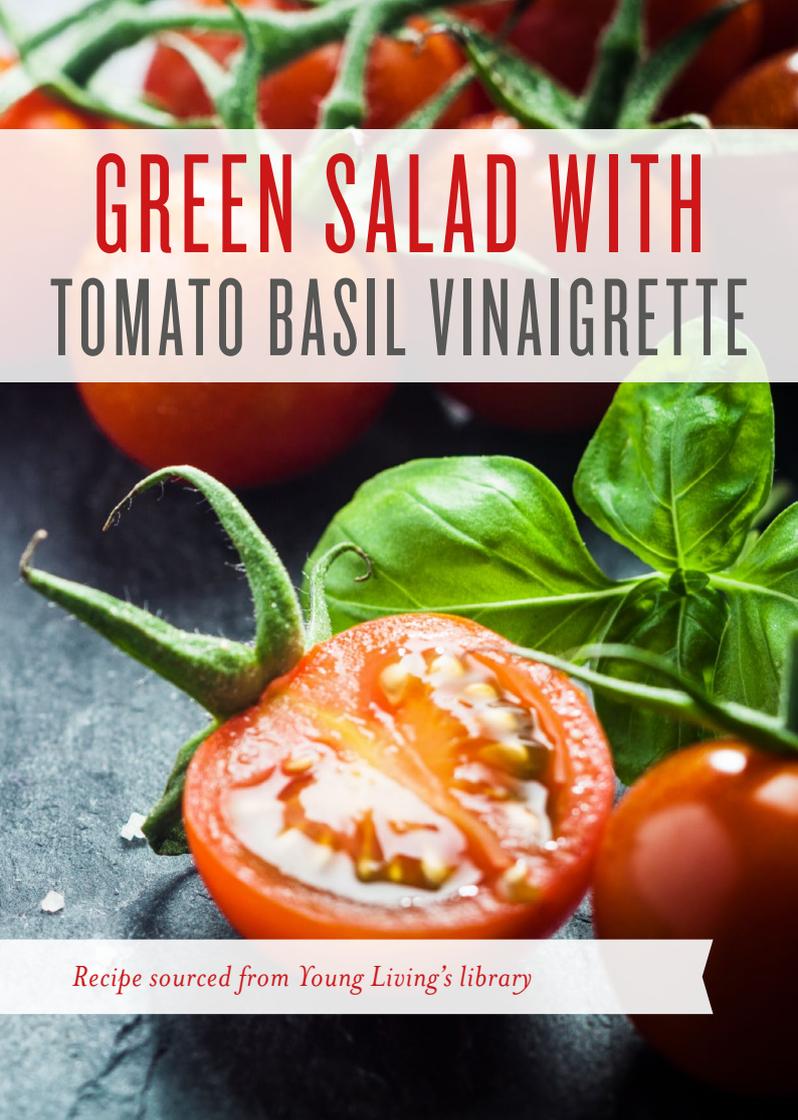
Add a pinch of salt along with the essential oils and half the nuts to the vegetables. Toss well, sprinkle with remaining nuts and serve.



RECIPE FROM YL MEMBER
& RAW FOOD CHEF

RAH POOLMAN

"I made this for my mum and her man & they were so in love with the recipe, it's now a favourite in their home!"



GREEN SALAD WITH TOMATO BASIL VINAIGRETTE

VINAIGRETTE

½ cup vinegar
¼ cup sun-dried tomatoes
½ cup avocado oil
5 medium-thick slices Roma
tomato
1 tsp. salt
2-3 drops YL Basil essential oil

SALAD

Cos lettuce
Red, yellow or orange capsicum
Mozzarella cheese
Cucumber
Celery
Romano cheese *Optional*

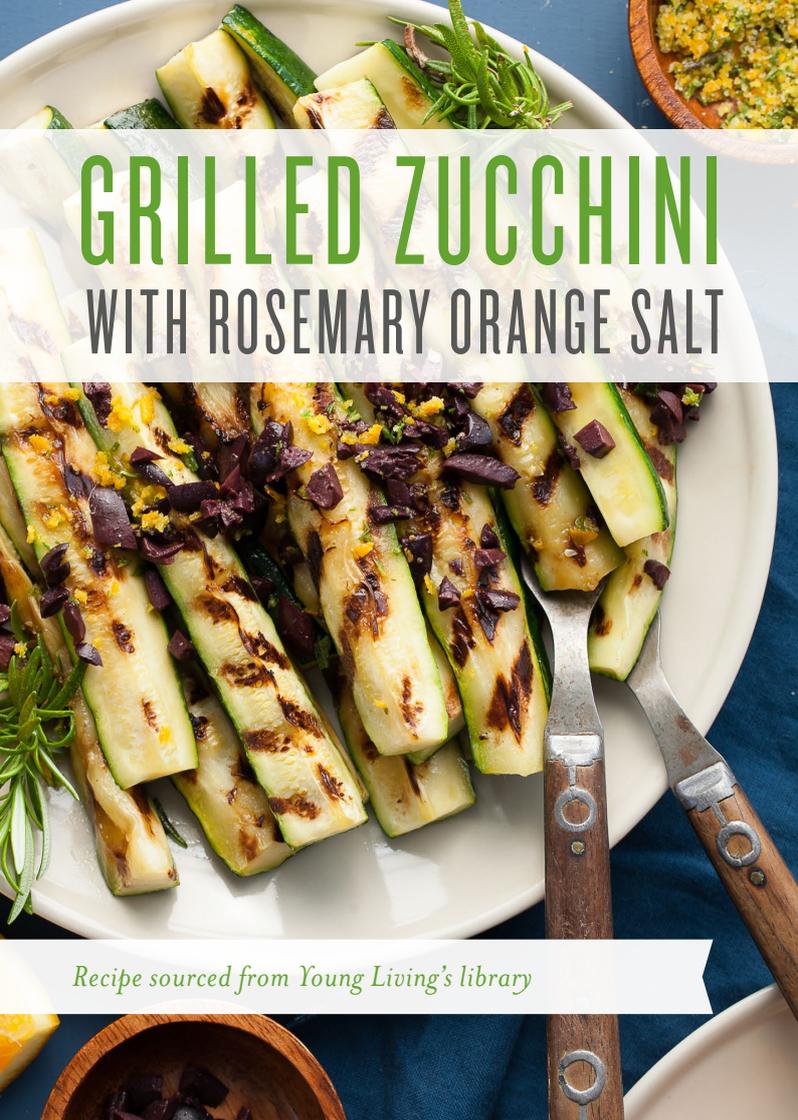
VINAIGRETTE: Blend all ingredients except Basil essential oil on high speed until smooth and creamy. Place in small mixing bowl and whisk in Basil essential oil. Serve with salad.

SALAD: Chop salad ingredients and place in a large bowl. Spoon the vinaigrette over the salad and toss to mix.

Makes 2-3 servings.

Recipe sourced from Young Living's library

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GRILLED ZUCCHINI WITH ROSEMARY ORANGE SALT

Recipe sourced from Young Living's library

DRESSING

3 tsp. fresh orange juice
1 tsp. extra virgin olive oil
½ tsp. raw honey
Pinch freshly ground black pepper

ZUCCHINI

6 medium zucchini, halved
lengthwise & again into quarters
2 tsp. extra virgin olive oil
¼ cup pitted Kalamata olives,
chopped

ROSEMARY ORANGE SALT

1 tsp. sea salt
1 tbs. fresh rosemary leaves
3-5 cm strip of orange peel, cut
into thin matchsticks
2 drops YL Rosemary essential oil
4 drops YL Orange essential oil

ROSEMARY ORANGE SALT: Combine the salt, rosemary leaves and orange peel and grind with a mortar and pestle. Work the zest and rosemary into the salt until well combined and add the Rosemary and Orange essential oils. Set aside.

DRESSING: Combine the orange juice, olive oil, honey and pepper in a small bowl and whisk until combined. Set aside.

GRILLED ZUCCHINI: Preheat grill to a medium heat. Toss cut zucchini with olive oil. Place zucchini on grill and cook until charred on both sides and tender (about 2-3 minutes each side). Transfer zucchini to platter and toss with reserved dressing. Sprinkle with chopped olives and a few generous pinches of the rosemary orange salt. Serve warm or at room temperature.



MARINATED MUSHROOMS

MARINADE

- 2 tbsp. organic olive oil
- 2-3 tsp. tamari or coconut aminos
- 1 tsp. fresh lime juice
- 1 drop YL Jade Lemon essential oil
- 1 drop YL Thyme essential oil
- 1 tsp. fresh thyme, chopped finely
- 1 tsp. parsley flat leaf, chopped finely

MUSHROOMS

- 180 g organic mushrooms with stalks removed & sliced 4 mm thick

INSTRUCTIONS: Whisk olive oil, tamari (or coconut aminos), lime juice, Jade Lemon & Thyme essentials oils until smooth and creamy. Add chopped herbs.

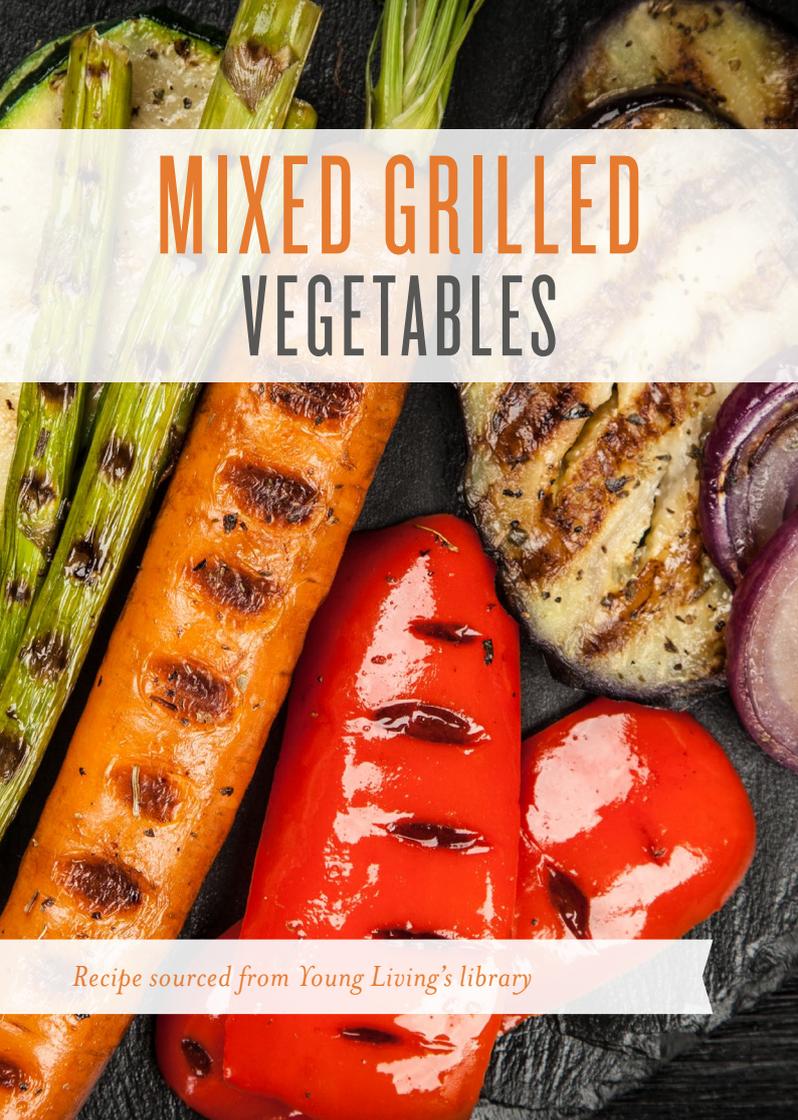
Pour $\frac{1}{2}$ to $\frac{3}{4}$ of this mixture over the mushrooms and lightly toss. Serve immediately for a fresh taste, or allow to stand for 10-15 minutes.

Serve either with greens on a salad or as a delicious alternative to a veggie burger. This dish can also be used as an easy appetiser, side dish or topping.



RECIPE FROM YL MEMBER
& RAW FOOD CHEF

SAJEELA CORMACK



MIXED GRILLED VEGETABLES

Recipe sourced from Young Living's library

MARINADE

1½ tbsp. extra virgin olive oil
3 tsp. balsamic vinegar *Optional*
1 drop YL Basil essential oil
1 drop YL Oregano essential oil
1 drop YL Black Pepper essential oil
1 tbsp. parsley, finely chopped
4-6 cloves garlic, minced
Salt (to taste)

VEGETABLES

1 red capsicum
1 yellow capsicum
3 zucchinis
20 asparagus stalks
Other vegetables in season

MARINADE: Whisk ingredients together and set aside.

VEGETABLES: Cut capsicum into medium-size slices and quarter zucchini lengthwise and then cut in half. Leave asparagus whole. Place vegetables into glass baking dish and cover with marinade. Cover and refrigerate for 1-2 hours.

While grill is off, spray thoroughly with extra virgin olive oil (or cooking spray of choice). Once the grill is hot, grill asparagus first, followed by zucchini, capsicum and other vegetables until tender.

Makes 6-8 servings.

**Photo may not accurately represent actual recipe once complete (stock photo).*



OVEN-BAKED SWEET POTATOES

INGREDIENTS

3 tbsp. maple syrup
1-2 drops YL Tarragon essential oil
5-6 drops YL Orange essential oil
1 medium sweet potato
Coconut or olive oil

INSTRUCTIONS: Pre-heat the oven to 190°C. Mix maple syrup, Tarragon and Orange essential oils and set aside.

Peel sweet potato and cut in half. Cut each half lengthwise so the sweet potato is quartered. Slice each quarter about 1-2 cm thick and place in baking dish. Drizzle some olive or coconut oil over the pieces.

Drizzle half of the maple syrup, Tarragon and Orange essential oil mixture over the sweet potato and gently stir. Cover pan with foil and bake for 20-25 minutes.

Remove foil and check for tenderness. When tender, drizzle the remaining maple syrup, Tarragon and Orange essential oils mixture over the sweet potato and allow to sit for 2-3 minutes.

Gently remove the slices and serve.

Makes 2 cups.

**Photo may not accurately represent actual recipe once complete (stock photo).*



RECIPE FROM YL MEMBER

PAULINE HALL



TANGERINE BEET SALAD

SALAD

1 baby beetroot, coarsely grated
1 apple, coarsely grated
1 celery stick, diced
1 carrot, peeled & coarsely grated
¼ cup pepitas (pumpkin seeds)
1 spring onion, diced

DRESSING

1 tbsp. olive oil
1 tbsp. balsamic vinegar
1 tsp. sea salt
5 drops YL Tangerine essential oil
1 drop YL Coriander essential oil
1 drop YL Black Pepper essential oil

INSTRUCTIONS: Mix salad ingredients together in a bowl. In a separate bowl, whisk together dressing ingredients and then pour over salad.

Garnish with fresh parsley. Serve immediately.

Makes 2-4 servings



RECIPE FROM YL MEMBER

MICHELLE MARSH



VEGAN CHILLI SIN CARNE



RECIPE FROM YL MEMBER

JADE TAYLOR

"Try serving with baby spinach, Young Living's Holy Guacamole & bean chips and garnish with fresh coriander or parsley."

VEGETABLES

- 1 cup almonds (soaked overnight)
- 2 garlic cloves, finely chopped
- ½ red Spanish onion, diced
- 1 tbsp. cumin
- ¼ - ½ tsp. chilli powder or cayenne pepper
- 1 tsp. sweet paprika
- 2 small celery ribs, diced
- 1 red capsicum, deseeded, diced
- 2 carrots, finely grated
- 2 portobello mushrooms, diced
- 400 g organic red kidney beans
- 1 drop YL Black Pepper essential oil
- 1 drop YL Coriander essential oil

- 2 drops YL Oregano essential oil
- 1 medium-hot chilli, deseeded, diced

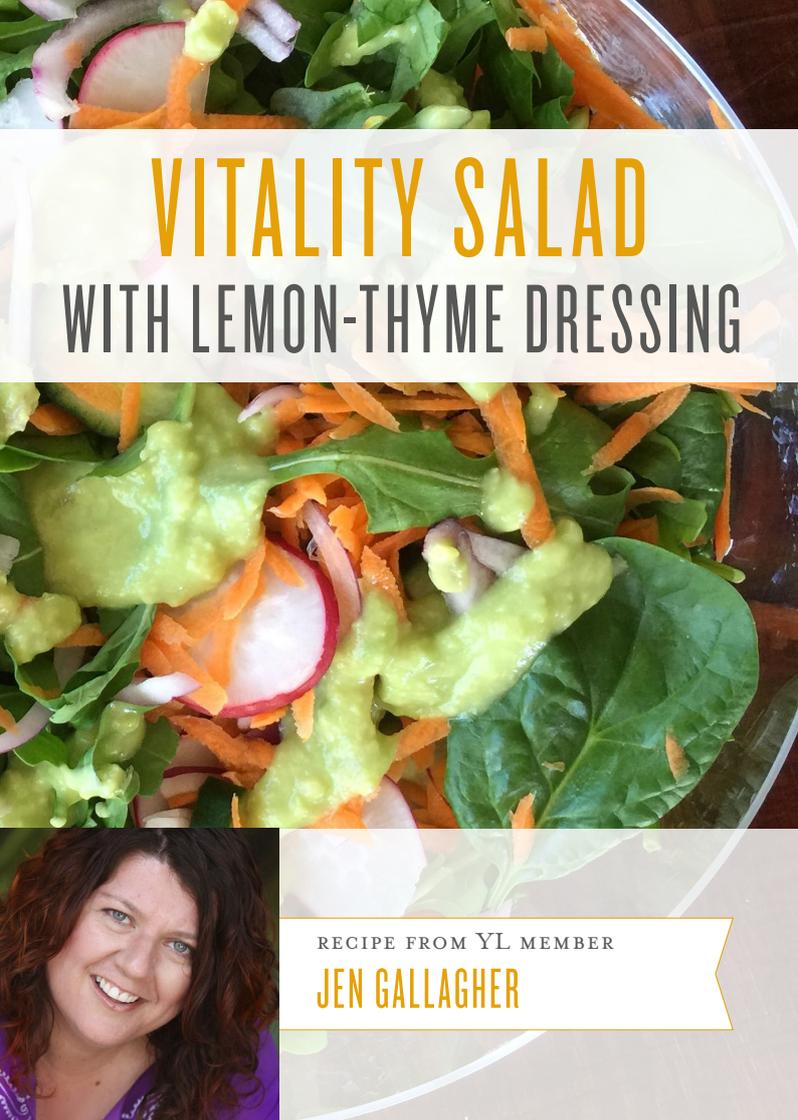
SAUCE

- 5 small sprigs coriander leaves & roots or flat leaf parsley
- 300 g semi-dried tomatoes in oil & herbs
- 2 tbsp. home-made vegetable stock paste
- 300 ml filtered water
- 3 tbsp. organic tamarind
- 1 tbsp. organic raw apple cider vinegar
- 1 tbsp. coconut nectar
- Himalayan pink salt & black pepper to taste

SAUCE: Place all sauce ingredients into a high-speed blender, blend until smooth and set aside.

VEGETABLES: Pre-soak almonds overnight in filtered water. Thoroughly rinse & chop. Heat the oil from the semi-dried tomatoes in a large deep frying pan. Add garlic, fresh chilli, onion, cumin, chilli powder, sweet paprika, celery, capsicum and carrot to the frying pan. Sauté whilst continuously stirring until vegetables are near tender and spices are fragrant. Add blended sauce mixture to the vegetables, then add almonds, mushrooms and kidney beans. Stir until well combined. Bring to a simmering boil, then gently simmer uncovered for 20 minutes.

Add the essential oils at the end of cooking and stir until well infused.



VITALITY SALAD

WITH LEMON-THYME DRESSING

SALAD

- 1 small red onion
- 1 cucumber
- 2 cups rocket
- 2 cups baby spinach
- 1 carrot, grated
- 2 radishes

DRESSING

- 1 avocado
- ½ fresh lemon juice
- 1 tbsp. apple cider vinegar
- 1 pinch cayenne pepper
- 1 tsp. YL Blue Agave
- ¼ cup purified water
- 2 drops YL Lemon essential oil
- 1 toothpick YL Thyme essential oil

DRESSING (PART I): Put a toothpick into the Thyme essential oil bottle to coat the toothpick. Add the coated toothpick to ¼ cup of purified water and leave to soak while making salad.

SALAD: Chop and place salad vegetables in a large bowl. Toss salad and set aside.

DRESSING (PART II): Remove toothpick from Thyme water. In a blender, add all dressing ingredients, including Thyme water, and blend on high. Dollop dressing on top of tossed salad.



RECIPE FROM YL MEMBER

JEN GALLAGHER

MAIN DISHES



YOUNG LIVING
ESSENTIAL OILS

DELUXE CHILLI



RECIPE FROM YL MEMBER
& HEALTH CHEF

TERI SECREST

INGREDIENTS

1½ tbsp. olive oil	170 g tomato paste
2 cloves garlic, minced	2¼ tbsp. chilli powder
3 medium onions, minced	1-2 tsp. cumin powder
900 g lean minced beef chuck	1-2 tsp. salt to taste
2 tins diced tomatoes with juice	1 drop YL Oregano essential oil
1 tin red kidney beans, drained	1 drop YL Basil essential oil
3 cups organic beef broth	Freshly ground pepper

INSTRUCTIONS: Heat olive oil in large soup pot. Sauté garlic and onion until translucent.

Add meat to soup pot, brown about 10 minutes. Drain off grease. Add tomatoes and juice, then add remaining ingredients and simmer uncovered for 1 hour, stirring occasionally. Adjust seasonings to taste.

When reheating, thin with beef stock if needed.

Makes 12 servings.

**Photo may not accurately represent actual recipe once complete (stock photo).*

EASY AUSSIE BURGER WITH SALSA



RECIPE FROM YL MEMBER

LINDA SIMPSON

PATTIES

- 1 small onion
- 2 celery ribs
- 2 cloves garlic, grated
- ½ cup parsley, finely chopped
- ½ cup cooked brown rice
- ½ cup soft tofu or nutolene, diced or crumbled
- 2 tbsp. tahini
- Sage, 1 tbsp. fresh & finely chopped or ¼ tsp. ground
- 1 drop YL Black Pepper essential oil
- 1 drop YL Oregano essential oil
- 1 tbsp. soy sauce
- ¾ cup walnuts or pecans
- ¼ cup sesame seeds

PATTIES: Mince onion & celery finely and then mix together with parsley and brown rice. Set aside. Dice tofu, tahini and garlic into small pieces and mix together with soy sauce, Oregano essential oil, Black Pepper essential oil and fresh or ground sage. Add the two mixtures together, then grind walnuts or pecans until they are small pieces and add to mixture.

Shape into burgers, cover in sesame seeds and set in fridge for 3 hours uncovered to dry. Place on a baking tray and bake at 105°C until the patties have dried out. Place patties into a burger bun of choice, add favourite toppings such as beetroot & avocado and enjoy!

SALSA: Mince chilli and onion. Place all other ingredients except essential oils in a blender and pulse 1 or 2 times, but do not liquify. Lastly, stir in Black Pepper and Lemon essential oils. Store in fridge and use within 1 week.

SALSA

- 350 g tomatoes, chopped
- 1 small onion
- 1 tsp. chillies, finely chopped
- 3 - 4 cloves garlic, grated
- 1 lemon or lime, juiced
- 2 tsp. soy sauce
- 2 drops YL Black Pepper essential oil
- 2 drops YL Lemon essential oil

TOPPINGS

- Beetroot, sliced *Optional*
- Avocado, sliced *Optional*



FABULOUS FISH FINGERS



RECIPE FROM YL MEMBER
SERVICES MANAGER

DENISE KASSIS

FISH FINGERS

1 kg mild, white fish (pollock, cod or tilapia)

1 tsp. fresh lemon juice

3 eggs (2 whole, 1 egg white only)

¾ cup soy milk

1½ cup whole-corn flour

¾ cup brown rice flour

¾ cup tapioca flour

¾ cup Parmesan cheese

¾ tsp. salt

½ tsp. black pepper

½ tsp. onion powder

1 tsp. lemon zest

Extra virgin olive oil

DIPPIN' SAUCE

¾ cup mayonnaise

1 tbsp. ketchup

2 tbsp. dill pickles, diced

2 tsp. yellow mustard

1 drop YL Lemon essential oil

FISH FINGERS: Preheat oven to 180°C. Oil a large baking sheet. Place thawed fish on a cutting board and salt both sides. Drizzle fresh lemon juice over the fish and let sit for a minute. Slice fish into 2.5 cm strips and set aside.

In a pie plate, beat eggs, egg white and milk. Set aside. In a small paper bag, combine all dry ingredients and lemon zest, fold the top down and shake well. Dip all fish strips in egg solution, then place them about 5 at a time in the paper bag and shake until coated.

Place the coated fish strips on the oiled baking sheet and repeat until all strips are coated and on the baking sheet. Drizzle with extra virgin olive oil and bake for 15-20 minutes or until golden brown, flipping over with a spatula about halfway through baking time. Remove from oven onto paper towel and let cool slightly before serving with Dippin' Sauce.

DIPPIN' SAUCE: Mix all ingredients in a medium bowl and serve.

**Photo may not accurately represent actual recipe once complete (stock photo).*



GINGER STIR-FRY

Recipe sourced from Young Living's library

INGREDIENTS

400 g couscous	½ red capsicum, julienned
1½ tbsp. peanut oil*	¾ cup bean sprouts
7 spring onions, chopped	2 or more drops YL Ginger essential oil
7 baby carrots, julienned	1-2 drops YL Black Pepper essential oil
2 garlic cloves, chopped	1-2 limes
¾ cup raw cashews*	
2 cup snow peas	

INSTRUCTIONS: Cook couscous according to package directions.

In wok or deep fry pan, heat peanut oil on medium heat. Add spring onions, carrots and garlic. Cook for 2-3 minutes. Add cashews, snow peas and red capsicum. Cook for another 2-3 minutes. If vegetables and cashews start to stick, drizzle with more peanut oil. Add bean sprouts, Ginger and Black Pepper essential oils and toss. Cook for another 1-2 minutes.

Serve over couscous and squeeze fresh limes on top. Also great with brown rice, pasta or by itself. Makes 2-4 servings.

**Peanut oil may be exchanged for extra virgin olive oil; cashews may be removed for those with nut allergies.*

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GRILLED CHICKEN AGAVE SALAD

ORANGE-MUSTARD BBQ SAUCE

3 tbsp. YL Blue Agave

2 tsp. dry mustard

4 drops YL Orange essential oil

1 punnet grape tomatoes

¾ cup whole almonds, roughly chopped

SALAD

4 chicken breasts, cut into thin strips

150 g package mixed baby greens

¾ cup dried apricots, thinly sliced

¾ cup dried cranberries

SPICY ORANGE VINAIGRETTE

7-10 drops YL Orange essential oil

1½ tbsp. YL Blue Agave

1 tsp. spicy brown mustard

¼ cup extra virgin olive oil

ORANGE-MUSTARD BBQ SAUCE: Whisk Blue Agave, dry mustard & Orange essential oil in bowl until dry mustard is completely saturated. Set aside.

SPICY ORANGE VINAIGRETTE: Mix Orange essential oil, Blue Agave and mustard in blender. Remove the centre portion of blender lid and slowly pour in extra virgin olive oil while blender is on to infuse extra virgin olive oil with other ingredients. Add extra virgin olive oil until a medium-thin consistency is obtained (or can be easily drizzled from fork). Set aside; do not refrigerate.

SALAD: While grill is off, thoroughly spray with extra virgin olive oil. Grill chicken until cooked through. About 5-10 minutes before removing chicken from grill, 'paint' chicken with orange-mustard BBQ sauce. (Chicken can also be cooked on the stove top, following the same directions). Allow to cool slightly. Place handful of mixed baby greens onto plate. Place slightly cooled chicken onto greens, scattering apricots, cranberries and 4-5 grape tomatoes around chicken. Chop almonds in food processor or place in plastic bag and beat with back of knife until almonds are broken into medium pieces then add to salad. Drizzle salad with spicy orange vinaigrette. Makes 7-8 servings.

**Photo may not accurately represent actual recipe once complete (stock photo).*

Recipe sourced from Young Living's library



JADE LEMON SCALLOPS WITH SALAD & NASTURTIUMS

SCALLOPS

16 fresh sea scallops
1 tsp. coconut oil
Salt & cracked black pepper to taste
1 drop YL Jade Lemon essential oil (for scallop jus)

SALAD

3 cups mixed salad greens
1 cup nasturtium leaves & flowers

VINAIGRETTE

2 drops YL Jade Lemon essential oil
2 tbsp. rice vinegar
¼ cup olive oil
1 tbsp. lime juice
1 tsp. Dijon mustard
Salt and pepper to taste
1 clove garlic, crushed and finely chopped

INSTRUCTIONS: Heat skillet & when hot, sear scallops in 2 batches with coconut oil for 1 minute each side. Set aside to rest. Keep the leftover scallop jus (juice remaining from scallops after cooking).

Mix vinaigrette ingredients together in jar and shake well.

Wash greens and nasturtiums and then assemble greens in centre of plate. Display scallops around the edge, keeping some flowers for garnish.

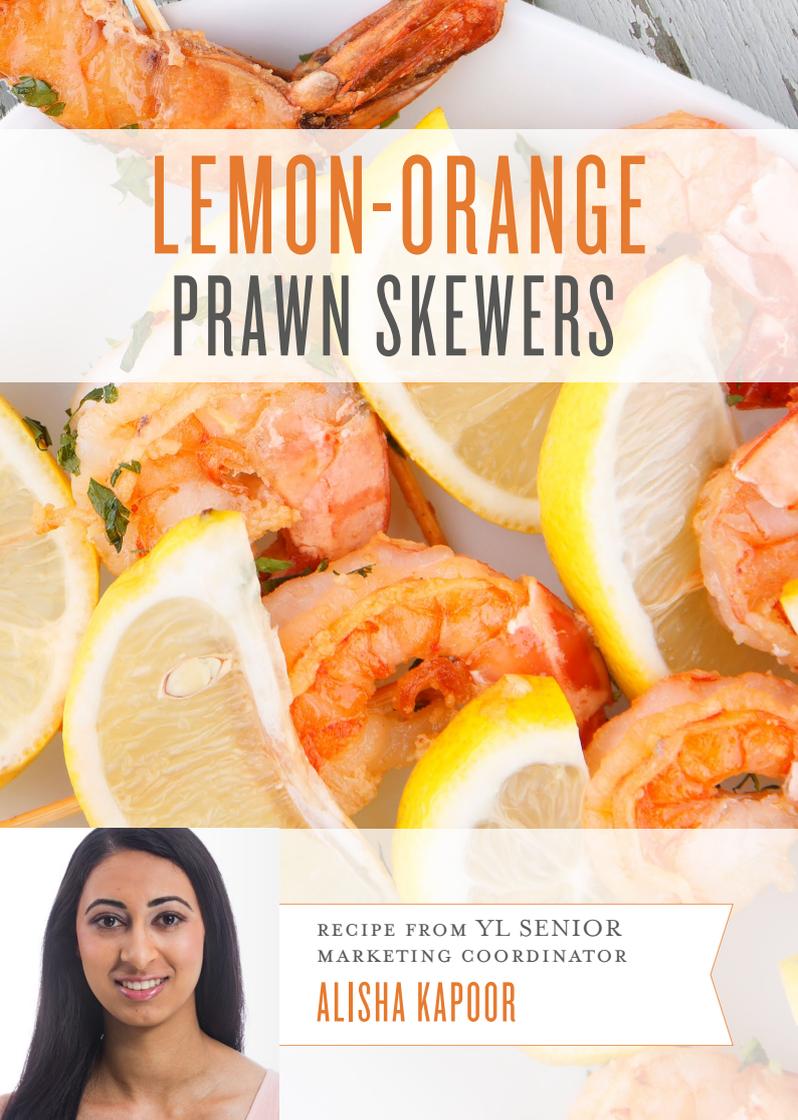
Add one drop of Jade Lemon essential oil to the scallop jus on the rest plate and pour over scallops on the serving plate. Pour the shaken vinaigrette over the salad, then serve.

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RECIPE FROM YL MEMBER

JANET KNIGHT



LEMON-ORANGE PRAWN SKEWERS



RECIPE FROM YL SENIOR
MARKETING COORDINATOR

ALISHA KAPOOR

INGREDIENTS

1/3 cup extra virgin olive oil	4 drops YL Orange essential oil
1 1/2 tbsp. whole-grain Dijon mustard	1 drop YL Basil essential oil
3 - 4 cloves garlic, minced	30 - 40 medium-sized prawns
4 drops YL Lemon essential oil	

INSTRUCTIONS: Mix extra virgin olive oil, mustard, garlic and essential oils in glass bowl. Set aside. Devein, shell and thoroughly wash prawns and place in marinade. Coat prawns well and marinate for 30 minutes to 1 hour.

Thread 3 - 4 prawns onto skewers. While grill is off, spray with extra virgin olive oil cooking spray then grill the prawns for 3-5 minutes or until pink. (Note: Dijon mustard grains will pop due to the heat.) Turn skewers once to ensure even cooking.

Add to salad, serve with rice or serve alone.

Makes 8 -10 servings.

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SUN-DRIED TOMATO PIZZA



Recipe sourced from Young Living's library

INGREDIENTS

1/3 cup sun-dried tomatoes	1/2 zucchini, sliced
2 garlic cloves, chopped	1/2 yellow squash, sliced
1/3 cup extra virgin olive oil	1/2 red onion, sliced
1 medium-sized tomato, halved	6-8 grape tomatoes, halved
1-2 drops YL Oregano essential oil	Additional extra virgin olive oil
1-2 drops YL Basil essential oil	6-8 slices fresh Mozzarella cheese
30 cm pizza dough	

INSTRUCTIONS: In a blender, mix the sun-dried tomatoes, garlic, extra virgin olive oil, medium-sized tomato and essential oils.

Spread onto pizza dough, leaving a 1 cm edge. Place zucchini in circle around edge. Follow with yellow squash. Repeat, alternating zucchini and squash until covered. Scatter onions and grape tomatoes on top. Drizzle vegetables with extra virgin olive oil and place sliced Mozzarella cheese around pizza.

Cook in oven until crust is golden brown or according to crust instructions.

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SUPERCHARGED SPAGHETTI



RECIPE FROM LIMELIZARD'S

HAYLEY

INGREDIENTS

Organic spaghetti
½ jar organic passata
1 kg grass-fed beef mince
1 clove garlic, crushed
1 onion, diced

Organic olive oil
1 tin crushed tomatoes
2 drops YL Basil essential oil
2 drops YL Oregano essential oil
Salt

MEAT SAUCE: In a large pan, heat 2 tablespoons of olive oil, then add onions and garlic and cook until translucent.

Add mince to the pan and brown, then add tin of crushed tomatoes and organic passata (add more later if extra sauce required). Allow to simmer until reduced and liquid thickens slightly, then add Basil and Oregano essential oils and stir through. Reduce heat to low and set aside.

PASTA: Boil water in a large pot. To make sure pasta does not stick together, use at least 16 cups of water for every 450g of spaghetti. Salt the water with at least a tablespoon - more is fine. Add pasta and stir. Test the pasta is ready by tasting it, then drain.

Mix the beef mince and pasta together and enjoy!

THAI FISH WITH TAMARI HONEY SAUCE



RECIPE FROM CULINARY
OIL BRAND AMBASSADOR
& CHEF-TO-THE-STARS

CHEF KATE

TAMARI HONEY SAUCE

¼ cup tamari or coconut aminos

¼ cup honey or coconut syrup

½ cup coconut milk

1 tbsp. ginger, grated, to taste
Optional

1 clove garlic, grated *Optional*

1 tbsp. spring onions, finely
chopped

Coriander or parsley leaves

Sesame seeds and chilli for
serving *Optional*

THAI FISH

4 salmon or white fish fillets,
skin and bones removed

1 tbsp. coconut oil, for cooking

1-2 drops YL Lemongrass, Lemon
and/or Lime essential oil

INSTRUCTIONS: Rinse the fish under cool running water, pat dry with paper towels and set aside in the refrigerator.

Place the tamari honey sauce ingredients in a small bowl and mix to combine. Set aside.

Take the fish out of the refrigerator and heat the coconut oil in a medium to large frying pan with a lid, on medium-to-high heat. Place the fillets in the pan and cook for approximately 3 minutes on one side, then carefully turn over and pour half the sauce evenly over them.

Reduce the heat to medium-to-low, cover with the lid and continue cooking for approximately 3-5 minutes or until cooked through.

Remove frying pan from heat. Place the cooked fish on plates or a serving platter. Add culinary essential oils and stir into remaining sauce. Pour sauce over fish, sprinkle with coriander, sesame seeds, chilli flakes and/or parsley leaves. Serve immediately.

THAI STYLE LETTUCE WRAPS



RECIPE FROM YL
SENIOR BUSINESS
DEVELOPMENT MANAGER

SOPHIA PENG

INGREDIENTS

3 tsp. olive oil	230 g water chestnuts, drained and diced
450 g minced chicken, turkey or chopped mushrooms for a vegetarian option	¼ cup hoisin sauce
1½ tbsp. red curry paste	4 spring onions, chopped
4 cloves garlic, finely chopped	2 drops YL Ginger essential oil
1 red capsicum, diced	1 drop YL Basil essential oil
1 cup cabbage, chopped	Salt and pepper to taste
	½ head iceberg lettuce

INSTRUCTIONS: Heat olive oil in a large skillet until very hot. Add minced chicken, turkey or chopped mushrooms and cook about 3 minutes on medium-high heat until it begins to brown.

Add red curry paste, garlic, diced capsicum, cabbage and water chestnuts, then stir-fry for another 3 minutes.

Add hoisin sauce and spring onions and toss, then stir in Ginger and Basil essential oils. Add salt and pepper to taste.

Transfer cooked chicken to a bowl. To serve, place spoonfuls of filling into pieces of lettuce.

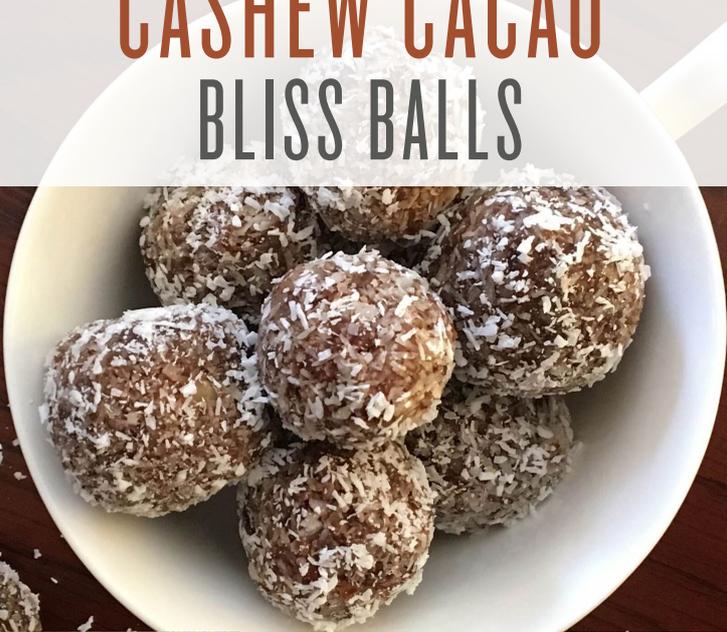
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DESSERTS



YOUNG LIVING[®]
ESSENTIAL OILS

CASHEW CACAO BLISS BALLS



RECIPE FROM YL MEMBER

SOPHIE POLOROTTOFF

INGREDIENTS

125 g cashews, blended until smooth (can also use walnuts)

125 g almonds, blended until smooth

3 tbsp. organic honey

2 tsp. vanilla extract

2 tbsp. raw cacao powder

16 pitted dates (soaked & chilled 4 hours prior)

2 tbsp. almond meal

6 drops YL Peppermint or YL Orange essential oil

Desiccated coconut for coating

INSTRUCTIONS: Soak and chill pitted dates 4 hours prior to starting, then blend until smooth.

Blend cashews and almonds, then mix all ingredients except coconut together. Roll into balls in desiccated coconut and refrigerate to set.

Store in airtight container in refrigerator.

CHIA PUDDING



RECIPE FROM YL MEMBER
& NUTRITION HEALTH COACH

EMMA WALKER

INGREDIENTS

- | | |
|--|---|
| 1 cup mixed berries | 1 cup coconut water |
| 1 frozen acai berry block
(defrosted) | ½ cup chia seeds |
| 2 tsp. greens powder <i>Optional</i> | Berries, shredded coconut and
yoghurt to top |
| 2 tsp. collagen powder <i>Optional</i> | YL NingXia Dried Wolfberries,
nuts & muesli to top <i>Optional</i> |
| 60 ml YL NingXia Red® | |
| 4 drops YL Tangerine essential oil | |

INSTRUCTIONS: Add the mixed berries, acai berry block, greens powder, collagen powder, NingXia Red®, Tangerine essential oil and coconut water to a blender and blend to mix well.

Add the mixture to a glass and stir in the chia seeds. Place in the fridge overnight so that the chia seeds absorb the berry liquid.

Remove from the fridge, add toppings as desired and enjoy!

Can be kept in the fridge for about 5 days, and makes a great breakfast or snack.

Makes 4 servings.

COCONUT TORTE WITH CHOC ROSE GLAZE



RECIPE FROM CULINARY
OIL BRAND AMBASSADOR
& CHEF-TO-THE-STARS

CHEF KATE

TORTE BASE

2½ cups walnuts, coarsely ground
2½ cups coconut, coarsely ground,
shredded or desiccated
½ cup honey or coconut syrup
¼ cup melted coconut oil
½ tsp. sea salt (to taste)
1 tsp. vanilla extract

TOPPING

¼ cup coconut, toasted, shredded or
desiccated
½ cup walnuts, chopped & toasted
Organic dried rose petals *Optional*

CHOCOLATE ROSE GLAZE

1 cup raw cacao powder
½ cup honey
¼ cup melted coconut oil
2 tbsp. coconut milk
1-2 drops of YL Rose essential oil

TORTE BASE: Preheat oven to 180°C. Prepare a medium-sized rectangular baking pan by rubbing with coconut oil or lining with baking paper. Alternatively, use a round pie dish, spring-form pan or individual small baking dishes. In a large mixing bowl, using an electric mixer, combine all torte base ingredients together. Evenly press mixture into pan, place in oven and bake for approx. 15 minutes or until golden brown & coconut is fragrant. Cover pan with foil for the last few minutes to avoid burning. Remove from oven and cool for 15 minutes.

CHOCOLATE ROSE GLAZE: Place honey, coconut oil and coconut milk in a medium-sized pan on medium heat. Stir continually until everything is combined, melted & very warm, but not boiling. Remove from heat and whisk in cacao powder. Continue stirring until the mixture is well combined and silky smooth, then add the Rose essential oil and whisk to combine. When the torte has cooled, spread the warm chocolate rose glaze on top and smooth.

TOPPING: Sprinkle with toasted coconut, toasted walnuts & dried rose petals. Refrigerate for at least 30 minutes to set chocolate or serve immediately while glaze is still warm. Cut into pieces before serving. Place in an airtight container & refrigerate for up to 5 days or freeze for up to 1 month; just thaw before serving.

GINGER-CINNAMON GLAZED PEACHES



Recipe sourced from Young Living's library

INGREDIENTS

Butter	3 drops YL Ginger essential oil
4 peaches, quartered	3 drops YL Cinnamon Bark essential oil
¼ cup YL Blue Agave	

INSTRUCTIONS: Stir Blue Agave and essential oils together and set aside.

Slightly butter a frying pan and heat on medium. Once pan and butter are hot, add peaches. Gently cook peaches for 1-2 minutes.

Brush agave essential oil glaze on each side of the peaches. Allow glaze to slightly caramelize on each side. Once peaches are hot, remove and place on plate.

Drizzle leftover glaze on top of peaches and serve.

Makes 4-8 servings.

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GUILT-FREE MINT BROWNIES

INGREDIENTS

425 g low-sodium black beans	½ cup honey
⅓ cup coconut oil	3 free range eggs
¼ cup unsweetened cocoa powder	1 drop YL Peppermint essential oil
⅛ tsp. salt	1 drop YL Spearmint essential oil
2 tsp. vanilla extract	

INSTRUCTIONS: Preheat oven to 180°C. Rinse and drain black beans, then melt coconut oil on stove until clear.

Blend all ingredients except eggs in food processor until smooth.

In a separate bowl, lightly whisk eggs until well beaten. Fold into chocolate mixture. Pour mixture into a greased 20 x 20 cm pan and bake 25 - 30 minutes.

Let cool 15 minutes before cutting.

Let cool for another 15 minutes, then serve.

RECIPE FROM YL
GRAPHIC DESIGNER

AMY WHEELER

**Photo may not accurately represent actual recipe once complete (stock photo).*

LEMON MYRTLE & TANGERINE RAW CHOC SLICE



RECIPE FROM YL MEMBER

ARTEMIS

INGREDIENTS

100 g almond meal
50 g coconut flour
Pinch of salt
50 g raw cacao powder
50 g shredded cacao butter
150 g YL NingXia Dried Wolfberries
4 tbsp. coconut butter *Optional*
4 scoops of YL Balance Complete™ *Optional*
150 g melted coconut oil (in cool weather, this will need to be gently warmed so that it's liquid)
2½ tbsp. coconut nectar
6 drops YL Lemon Myrtle essential oil
15 drops YL Tangerine essential oil
50 g desiccated coconut

INSTRUCTIONS: In a food processor, blend all ingredients except the desiccated coconut. Stir in the desiccated coconut. Pour into a tray and place in the fridge to set. Slice once the mixture has solidified.

Note: This slice needs to be kept refrigerated until served.

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PEPPERMINT BRITTLE CHOCOLATE HEARTS



RECIPE FROM YL MEMBER

ALEXX STUART

PEPPERMINT BRITTLE

100 ml rice malt syrup

25 g salted butter

1 tsp. vanilla bean powder *Optional*

4 drops YL Peppermint essential oil

CHOCOLATE

70 ml coconut oil

30 g Dutch processed or raw cacao

30 g rice malt syrup, maple syrup
or honey

2 drops YL Peppermint essential oil

A heart-shaped mould *Optional*

PEPPERMINT BRITTLE: Have a sheet of baking paper ready for quickly turning out the brittle. Melt butter on medium heat in a frying pan, then add rice malt syrup and stir them together until combined and bubbling.

Let the rice malt syrup and butter bubble for 8 - 10 minutes on medium heat. As soon as mixture has started to change to a darker golden colour and is smelling of intensified caramel, add & mix in Peppermint essential oil, remove from frying pan and quickly put onto baking sheet. Leave the brittle to cool at room temperature for a crunchy texture, then set aside.

CHOCOLATE: In a small pot, melt coconut oil and whisk or stir in cacao powder, syrup and Peppermint essential oil. Leave to cool at room temperature. Leave both chocolate and brittle to cool for 10 minutes or so.

Once the brittle has cooled, break brittle into shards or chop roughly with a sharp knife into chunky pieces. Line a little bowl or a mould with baking paper and pour in chocolate. Take several brittle chunks and drop into each heart (if using a mould) or drop all brittle pieces into the bowl of chocolate. Cool in the freezer until hard. Once set, take out and enjoy straight from the freezer.

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SUMMER FRUIT SALAD

INGREDIENTS

2 - 2½ tbsp. YL Blue Agave	2 cup strawberries, quartered
3 - 4 drops YL Orange essential oil	2 kiwi fruits, cut into large pieces
1½ cups blueberries	2 bananas, sliced
1 cup peaches, cut into pieces	4 mint leaves, cut <i>Optional</i>
1 cup grapes, halved	

INSTRUCTIONS: Mix Blue Agave and Orange essential oil in a separate container and place to the side, allowing the flavour of the Orange essential oil to infuse into the Blue Agave.

Rinse fruit and place in a large bowl, except for bananas. Add bananas just prior to serving to prevent discolouration. Drizzle agave mixture over fruit and gently fold mixture until fruit is saturated. Cover and chill for 10 minutes.

Rinse mint leaves and dry thoroughly. Place mint leaves on top of each other and roll tightly. Shred mint leaves with kitchen scissors. Add shredded mint leaves to fruit and gently fold. Cover and chill for an additional 5 minutes. If placing fruit into individual serving dishes, place shredded mint leaves directly on top of fruit and serve.

Makes 9 servings.

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Recipe sourced from Young Living's library

THREE COLOUR RAW TREAT



RECIPE FROM YL MEMBER

CHRISTINE MAUDY

BASE

1 cup activated raw almonds
1 cup raw cashews
10 medjool dates, seeds removed
2 tbsp. cacao

CENTRE

1 cup desiccated coconut
1 cup raw cashews
2 tbsp. lemon or lime juice
2 tbsp. coconut oil
2 drops YL Lemon essential oil

CACAO COVER

½ cup melted (not hot) coconut oil or cacao butter
½ cup raw cacao
⅓ cup (or less) coconut nectar
YL NingXia Dried Wolfberries to garnish

BASE: Line a cake tin with baking paper. Place the ingredients into a food processor and blend at high speed until the mixture is completely broken down and is like a fine sticky crumb. Press the mixture firmly into the cake tin and place in the fridge.

CENTRE: Place the ingredients into a food processor and blend at high speed until smooth. Spread and gently press the mixture over the base.

CACAO COVER: Place the ingredients into a bowl and mix until smooth and well combined. Pour the chocolate over the slice and use the back of a spoon to spread it to the edges.

Decorate with NingXia Dried Wolfberries and place in the fridge for several hours until set.



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