

Essential Oil-Infused Breakfast Smoothie

Put all of the following in a liquidizer and *enjoy*.

- A generous supply of frozen raspberries
- Some form of juice or tasty liquid (I prefer to use a combination of tart cherry juice and coconut water)
- A handful of Young Living's dried Ningxia berries
- Five drops from one of Young Living citrus oils (**orange, lime, lemon or tangerine oils**).

Tip: be sure to liquidize until the Ningxia berries are fully blended and there are no little bits. If your liquidizer isn't strong enough to do this, then let the Ningxia berries sit in the liquid for half an hour beforehand as this will cause them to become rehydrated.

Essential Oil-Infused Salad Dressing

For a *delicious* salad dressing, add the following into a jar and then shake well:

- Three parts olive oil
- One part balsamic vinegar
- a bit of garlic
- 5 drops of **Young Living Lime Oil**

Spiced Apple Cider

Heat up all the following in a saucepan or crock pot and enjoy.

- A good quality apple juice (“cider”), preferably fresh squeezed and unpasteurized;
- Organic citrus peels. (Simply slice some generous-size pieces of peel off an orange or lemon);
- A few drops of **Young Living Cinnamon Oil**
- A few drops of **Young Living Clove Oil**
- A few drops of **Young Living Lemon Oil**
- A handful of **Young Living dried Ningxia Berries** (these will make a great conversation-starter as people begin to notice them in their drink).

Tip: the cinnamon and clove oils are very strong and should not be over-used. I recommend using them sparingly, especially the clove, and then adding more according to taste.

Ratatouille

Make a traditional ratatouille but add instead of putting in Italian seasoning or herbs, use:

- one drop of **Young Living Basil Oil**;
- one drop of **Young Living Oregano Oil**;
- one drop of **Young Living Thyme Oil**.

Tip. These oils are very strong and they come out of the bottle quickly. To avoid accidentally spilling too many drops in the dish, first put the oil in a spoon and then put the spoon in the dish until all the oil has been absorbed. If too much oil comes out on the spoon, then you can start over.

Robin's Lavender and Orange Oil Custard

Ingredients:

- 5 eggs
- ½ cup sugar
- 1 cup whole milk
- 2 cups heavy cream
- 4 oranges
- Salt
- **Young Living Orange Oil**
- **Young Living Lavender Oil**

Directions

1. Preheat the oven to 275° F.
2. Heat the milk and cream to just below boiling point, stirring occasionally to prevent sticking. After being brought almost to the boil, remove and set aside to cool for ten minutes.
3. While milk is heating, put 5 large eggs and 2 egg yolks in a bowl and whisk.
4. In the middle of whisking the eggs, add the sugar into them and continue whisking.
5. Squeeze the oranges until you have 1 cup of fresh orange juice.
6. Add a pinch of salt to the freshly squeezed orange juice.
7. Add 7 drops of **Young Living Orange Oil** to the juice. (If you want a stronger flavor, you can go up to 15 drops.)
8. Once the milk and cream mixture has had time to slightly cool, whisk it into the eggs.
9. Add 4 drops of **Young Living Lavender Oil** to the milk-egg mixture.
10. Mix the orange juice into the milk-egg mixture.
11. Poured everything into a large ceramic dish, and then cover with aluminum foil.
12. Once in the oven, let the custard bake for around 45 minutes until set but still slightly wobbly in the center.
13. After the custard has cooked and cooled, refrigerate overnight or at least half a day.

Tip: when serving and eating this dish, diffuse orange and lavender oil in the room.

Ningxia Fruit Salad

1. Put a generous handful of **Young Living Dried Ningxia Berries** in a bowl.
2. Add in some frozen raspberries.
3. Sprinkle on four drops of one of **Young Living's citrus oils** (I prefer either **Orange or Lemon oil**).
4. Roast some almonds, cashew, hazelnuts and/or pecans, keeping them in the oven on 350° F for 10 minutes or until brown.
5. Sprinkle hot nuts on top of the frozen raspberries. This will speed up the process of the raspberries melting which, in turn, will help the Ningxia berries rehydrate.
6. Add some pieces of additional fruit into the bowl (my favorites are mango, tangerine, orange, plum, cherries, apricots or grapes).
7. Let sit for two hours to give the Ningxia berries time to rehydrate.
8. Serve with Greek yogurt
9. Enjoy!

Tip: whenever possible, try to use seasonal fruit.

Tip #2: it is hard to go wrong with this. Experiment with variations and be creative.

Velvety Cream of Tomato Soup

Ingredients

- 6 tablespoons unsalted butter
- 1 small onion, chopped
- 1/2 cup chopped shallots
- 2 scallions, top green parts only, thinly sliced
- 1 garlic clove, minced
- **Young Living Orange Oil**
- One 28-ounce can whole tomatoes in thick tomato puree
- 2 cups milk
- 2 cups heavy cream
- 1/3 cup all-purpose flour
- About 1/3 cup dill fronds, torn into tiny sprigs (see Note)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3/4 cup (3 ounces) shredded sharp Cheddar cheese, for serving

Instructions

1. In a large pot, heat 2 tablespoons of the butter over medium heat. Add the onion, shallots, scallion tops, and garlic. Cook, stirring occasionally, until the onion is softened and translucent, about 4 minutes.
2. Coarsely chop the tomatoes. (This is easiest to do by reaching into the can and squeezing the tomatoes to crush them. Otherwise, pour the tomatoes and puree into a food processor fitted with the metal blade, and pulse until coarsely chopped.) Pour the tomatoes, milk, and cream into the pot and bring to a simmer, stirring often.
3. Meanwhile, in a small saucepan, melt the remaining 4 tablespoons of butter over low heat. Whisk in the flour to make a roux. Cook, whisking almost constantly, for about 3 minutes, being sure the roux doesn't brown. Whisk about 1 1/2 cups of the hot tomato mixture into the roux, then pour the roux mixture into the pot of soup.
4. Reduce the heat to very low. Cook without simmering about 30 minutes to blend the flavors. Increase the heat to medium and cook, stirring constantly, just until the soup begins to simmer and thicken. Add the dill and season with the salt and pepper.
5. Add fifteen drops of **Young Living Orange Oil** to the soup and stir in.
6. Serve hot, topping each serving with about 1 1/2 tablespoons of grated cheese. (The soup can be prepared up to 2 days ahead, cooled completely, covered, and refrigerated. The soup will thicken when chilled; while reheating, thin the heated soup with milk to the desired thickness. Do not freeze the soup.) Note: To give the soup more texture and dill flavor, I prefer to tear, and not chop, the dill.

Chocolate-Mint Truffles

Ingredients:

- 16 ounces bittersweet chocolate, preferably Valrhona
- 2 cups heavy cream
- 15 drops **Young Living Spearmint Essential Oil**
- 1/2 cups unsweetened cocoa powder, preferably Valrhona Manjari

Instructions

Chop the chocolate into small pieces (the exact size does not matter too much, but try to get them all the same size). Melt the chocolate in a bowl set over barely simmering water. When the chocolate is almost all melted, add the cream and remove from the heat, stirring to combine. Stir in the spearmint essential oil, pour the mixture into a container, and refrigerate until firm, at least 2 hours.

Spread the cocoa powder out on a baking tray. Fill a container with warm water. Scoop out truffles with a melon baller and place them on the baking tray. To make scooping easier, after scooping each truffle, dip the melon baller in the warm water and shake off the excess moisture. If you want, you can roll them in your hands to make evenly round balls.

Gently shake the tray to coat the truffles in cocoa powder, and refrigerate the truffles until they firm up a bit. Serve at room temperature.

Tip: if you do not serve the truffles immediately, store them, well wrapped, in the refrigerator for up to two weeks.