

CINNAMON



ALMOND MILK

- 6 cups filtered water
- 1½ cups raw almonds, soaked overnight in 2 cups water and drained)
- 2 dates
- 1 drop Cinnamon Culinary Essential Oil
- 1 tsp. pure vanilla extract

Directions:

Put all ingredients in a high-speed blender and blend until very smooth, 1-2 minutes. Place all in a nut milk bag and squeeze hard into a pitcher until all the milk is out. Add the essential oil and stir well. Cover and refrigerate 1-2 hours until chilled and stir again before serving.

Hint: Save the pulp in the refrigerator or freezer to make other yummy foods such as fruit dips. Simply add berries, a drop of Orange-Sweet Culinary Essential Oil and blend in food processor. Use for a fruit tray dip.

EASY KETCHUP

Ingredients:

- 2 cups tomatoes, chopped (Roma tomatoes work best)
- 3 large dates, pitted
- 2 tsp. raw apple cider vinegar
- 1 clove garlic, crushed
- ¼ cup onion, finely chopped
- ½ cup dried tomatoes (do not soak)
- ¼ tsp. ground black pepper
- ¼ tsp. clove powder
- 1 touch with a toothpick of Cinnamon Culinary Essential Oil

Directions:

Blend all ingredients except culinary oil and spices in a blender until smooth; adding more chopped or dried tomatoes until it looks like ketchup. Pour into a bowl, then add spices. Add culinary essential oils, one toothpick touch at a time, to taste. Must keep refrigerated. Will last approximately one month.

Hint: To get just a touch of culinary essential oil, run a toothpick along the ridge of the top of the bottle, or dip into hole in top if using a thin, flat toothpick.

NO BAKE, GLUTEN-FREE REFRIGERATED CARROT CAKE

Cake Ingredients:

- 1 cup carrots, chopped
- 2 cups nuts, chopped (walnuts, almonds, pecans or cashews)
- 1 cup raisins
- ½ cup unsweetened shredded coconut
- 1 tbsp. raw sunflower seeds
- 3 tbsp. raw honey or maple syrup
- ¼ tsp. clove powder
- 1 touch with a toothpick of Cinnamon Culinary Essential Oil
- 1 tsp. vanilla
- 2 tsp. water

Frosting Ingredients:

- 1 cup cashews or almonds (soaked in water 2 hours and drained, remove husks off almonds)
- 2 tbsp. lemon juice
- 3 tbsp. raw honey
- 1 tsp. of vanilla
- 1 drop Lemon or Orange-Sweet Essential Oil (optional and stirred in after blending)

Directions:

In the honey, mix in 1 touch of Cinnamon Culinary Essential Oil with a toothpick. Then in a food processor, add carrots first and pulse a few times to chop up a bit more. Add the rest of the cake ingredients and blend with the S blade, slowly stopping to scrape sides. Blend only for a little while; you want to be able to see the carrots, nuts, and raisins. Stop when you have created a cookie dough texture. Press into a buttered square cake pan. Blend all frosting ingredients in a high-speed blender until smooth. If needed, add more water, a teaspoon at a time. Then, frost and cover cake and refrigerate for at least 2 hours. Cut into squares and serve.

Hint: To get just a touch of culinary essential oil, run a toothpick along the ridge of the top of the bottle, or dip into hole in top if using a thin, flat toothpick.