

# ORANGE, SWEET



## ORANGY FRUIT PUNCH

### Ingredients:

- 4 cups white grape juice
- ½ cup pomegranate juice
- 2 drops Orange-Sweet Culinary Essential Oil
- 2 cups sparkling water
- 2 cups assorted fruits – strawberries, blackberries, blueberries (freeze 1 cup in ice cube trays to add to glasses right before serving)

### Directions:

In a pitcher mix all ingredients except for sparkling water and essential oil. Chill for 1-2 hours. Right before serving add Orange-Sweet Culinary Essential Oil and stir well. Add sparkling water and serve over frozen fruit ice cubes.

## HONEY AND ORANGE FRUIT SALAD

### Ingredients:

- ¼ cup honey
- 2 drops Orange-Sweet Culinary Essential Oil
- 1 pint blueberries
- 1 pint blackberries
- 1 pint raspberries
- 2 Yellow Delicious apples, cored and diced
- ½ cup pecans, chopped
- 3 kiwis, peeled and sliced
- 2 peaches, peeled and sliced

### Directions:

In very small bowl, mix Orange-Sweet Culinary Essential Oil into honey, set aside. In large bowl lightly fold all fruit together. Sprinkle nuts on top and drizzle honey mixture over it. Serve in chilled bowls.

## ORANGE AND BEET SALAD

### Ingredients:

- 1 beet, sliced into thin circles (try a mandoline)
- 1 navel orange, peeled and sliced into thin circles
- 1 bulb fennel, sliced thin
- 1 red onion, sliced into thin half moons
- 1 bunch cilantro, chopped
- 2 tbsp. raw sugar or coconut palm sugar
- 2 tbsp. raw apple cider vinegar
- 2 drops Orange-Sweet Culinary Essential Oil

### Directions:

In a large bowl, lightly toss fruit and vegetables. In a very small bowl, mix the sugar and Orange-Sweet Culinary Essential Oil, then add the vinegar and mix until the sugar dissolves. Pour over salad, toss lightly and chill 1-2 hours before serving.