

# APRIL OILS OF THE MONTH

"BRAIN POWER"  
2015 Collection (#67955)

## PERSONAL CARE RECIPES

### Smart Veggie and Fruit Cleaner

#### Ingredients:

- 1/4 cup organic, White Vinegar
- 1 cup filtered Water
- 10 drops Lemon Essential Oil

#### Directions:

Combine everything in a glass spray bottle, shake each time before use. Spray on produce, let sit for 5-10 minutes, then rinse off with filtered water to help remove unwanted wax and toxins from your produce.



### Brain Wakeup Mister

#### Ingredients:

- 2 oz. Plant Derived Minerals™
- 5 drops Awareness™ Essential Oil Blend
- 3 drops Lemon Essential Oil
- 2 drops Green Mandarin Essential Oil

#### Directions:

In 2 oz. spray bottle, add 1 oz. of Plant Derived Minerals and then add oils. Shake well, and then add the other 1 oz. of Plant Derived Minerals. Shake before each use. Mist around head, with eyes closed, first thing in the morning to get your brain going for the day.

### Kid Tamer Bath Salts

#### Ingredients:

- 1/4 cup Dead Sea Bath Salts, Unscented
- 7 drops Green Mandarin Essential Oil

#### Directions:

Mix oil and salts in small glass bowl, and then add to warm bath. Swish until salt dissolves. Gently pour bath water on over-active kids and soak until calm.

*Awareness™ is used this when increased mental alertness is required. There are essential oils in this blend that are traditionally used to support memory retention and retrieval.\**



*Lemon Essential Oil is a must for every aromatherapy kit as it has an uplifting, fresh, citrus scent that has some immediate purifying qualities and may help to settle the digestive system. It is an agreeable fragrance the kids will love.\**



### Cutting Board and Counter Spray

#### Ingredients:

- 4 oz. purified or distilled Water
- 20 drops Lemon Essential Oil

#### Directions:

In 4 oz. mister bottle, add 2 oz. of water, then add 20 drops of essential oil. Shake well. Add other 2 oz. of water, then shake again. Spray on cutting boards and counter-tops to disinfect and to give your kitchen a clean, fresh scent.



### Homework/Tax Time Roller Bottle

#### Ingredients:

- 10 mL Grapeseed Carrier Oil
- 5 drops Awareness™ Essential Oil Blend
- 5 drops Lemon Essential Oil

#### Directions:

In a 10 mL roller bottle, add 5 mL of Grapeseed, then add Awareness™ and Lemon. Swirl bottle around to mix oils, then add the other 5 mL of Grapeseed. Cap roller bottle and shake well. Roll on temples and base of neck whenever you need some extra brain power. Avoid direct sunlight or a tanning booth after use.



# FOOD RECIPES

## One Smart Cookie

### Ingredients:

- 2 cups dried, unsweetened Pineapple
- 2/3 cup Hot Water
- 2 cups raw, unsalted Nuts of choice
- 1/2 cup unsweetened, shredded Coconut
- 2 drops Lemon Essential Oil
- 1/4 tsp. Salt

### Directions:

Soak pineapple in hot water for 10 minutes, then drain. Add all ingredients except for Lemon Essential Oil in food processor, blend with "S" blade until dough is formed. Poke a hole in the dough, add drops of essential oil into the hole, then mix again for 1-2 minutes. Press dough into buttered 8x8 pan and chill for 2 hours. Slice into 1 inch squares and serve!

## Carrot and Mandarin Salad

### Salad Ingredients:

- 4 cups grated Carrots
- 1/2 cup Raisins
- 2 peeled Mandarins, sectioned and cut in half
- 1/2 cup diced Green Onions

### Dressing Ingredients:

- 1/2 cup raw Cashews (or other nuts), soaked for 6 hours and drained
- 1/2 cup Coconut Milk
- 1/2 tsp. Liquid Aminos or Soy Sauce
- 1 tbsp. Honey (or other sweetener)
- 1 drop Green Mandarin Essential Oil
- 1 drop Lemon Essential Oil

### Directions:

Mix all salad ingredients in medium bowl. Blend all dressing ingredients except essential oils until smooth. Then, add essential oils and blend 1 minute more. Pour dressing over salad, toss until completely covered. Chill in fridge for 2 hours or overnight. Serves 6.



**Green Mandarin**  
(*Citrus reticulata*) is the sweetest of all the citrus oils and tends to be the most calming. It may also be used for digestive support and healthy circulation.\*



## Mandarin and Kale Salad

### Salad Ingredients:

- 1 Kale bunch, stems removed and chopped
- 3 cups loosely-packed Spinach
- 1 head Butter Lettuce
- 1 Cucumber, sliced
- 4-5 Mandarin Oranges, peeled and sectioned
- 1 cup Pomegranate Seeds

### Dressing Ingredients:

- 1/2 cup raw Cashews or other nuts, soaked 6 hours, drained
- 1 tbsp. raw Apple Cider Vinegar
- 2 Dates, pitted
- 1/2 inch chunk Fresh Ginger
- 1 cup Fresh Mandarin Juice
- 1 drop Green Mandarin Essential Oil

### Directions:

Mix all salad ingredients in medium bowl. In a blender, blend all dressing ingredients until smooth, then add Green Mandarin oil and blend 1 minute more. Bottle and chill 2 hours. Pour over kale salad mix and use on any other salad. Lasts for 2 weeks in refrigerator.

## Lemon Sauce for Fish or Veggies

### Ingredients:

- 1/2 cup melted Butter
- 2 tbsp. fresh Lemon Juice
- 1 pinch Salt
- 1 pinch Black Pepper
- 3 Garlic Cloves, minced
- 2 tsp. fresh, chopped Parsley
- 1 drop Lemon Essential Oil
- 2 lbs. of Fish, Veggies or Chicken

### Directions:

Mix all ingredients (except your fish, veggies or chicken) in a small bowl. In a gallon-sized, plastic zip bag, toss the sauce with fish, veggies or chicken, and marinate for 2 or more hours. Bake as usual and serve.