

JULY OILS OF THE MONTH

"Big Outdoors"
Collection (#67955)

PERSONAL CARE RECIPES

Car, Boat, & Carnival Ride Spray

Ingredients:

- 10 drops of Fennel Essential Oil
- 2 oz. of water

Directions:

Add water to a 2 oz. spray bottle, then add oil and shake well. Mist the spray all around your body, breath in, and enjoy a happy tummy and head.

***Fennel** has an herbal, slightly spicy smell and is often used in aromatherapy to boost courage, resolve, and strength in the face of adversity. It is also used for minor digestive issues, weight management, and to promote clear, supple skin.**



Ouch Spray

Ingredients:

- 3 drops of Tea Tree Essential Oil
- 1 drop of Patchouli Essential Oil
- 1 drop of Fennel Essential Oil
- 5 drops of Lavender, Mailette Essential Oil
- 2 oz. of Plant Derived Minerals™ (liquid)

Directions:

In a 2 oz. spray bottle, add Plant Derived Minerals™ first, then add essential oils and shake well before each use. Great for minor cuts and scrapes.



Athletic Foot Spray

Ingredients:

- 8 drops of Tea Tree Essential Oil
- 2 drops of Patchouli Essential Oil
- 2 oz. of Plant Derived Minerals™ (liquid)

Directions:

In a 2 oz. spray bottle, add Plant Derived Minerals™ first, then essential oils. Shake well each time before misting on feet.



Anti-itch Salve

Ingredients:

- 5 drops of Tea Tree Essential Oil
- 3 drops of Fennel Essential Oil
- 2 drops of Patchouli Essential Oil
- 5 drops of Lavender, Mailette Essential Oil (optional)
- 1 oz. of Jojoba Blending Oil

Directions:

Mix ingredients together in a roller bottle or flip top squeeze bottle. Great for bug bites, stinging nettle, and poison oak.



Insect Repellent Laundry Soap

Ingredients:

- 5 drops of Patchouli Essential Oil

Directions:

Add 5 drops of Patchouli to your laundry soap when washing the clothes and bedding that you will take camping or on other outdoor adventures. The scent of the oil will stay in the clothing for a bug free time.



***Tea Tree** has a soothing, penetrating aroma. It is a natural solvent and thought to have antiseptic properties.**

***Patchouli (Pogostemon cablin)** is a versatile oil that can be used for skin care, emotions, romance, meditation, and as a natural fragrance.**



FOOD RECIPES



Avocado Mango Salsa

Ingredients:

- 1 avocado, chopped into 1/2 inch chunks
- 1 mango, chopped into 1/2 inch chunks
- 1 bunch cilantro, finely chopped
- 1 orange, peeled and chopped
- 1 large tomato, diced
- 2 green onions, chopped
- 1 tbsp. lime juice
- 1 drop of Fennel Essential Oil
- 1/2 tsp. red chili flakes
- 1/4 tsp. of black pepper or one touch of Black Pepper Essential Oil (use a toothpick)

Directions:

Gently mix all ingredients, except for the lime juice, Fennel and pepper, in large bowl. In a small bowl, mix Fennel oil with lime juice and pepper then pour over salsa and stir gently. Chill one hour, and then serve with gluten-free chips or veggie sticks. Can also be used as a garnish for marinated fish.

Grapefruit and Fennel Salad

Ingredients:

- 3 large, ruby red grapefruits, peeled and sectioned with white completely removed
- 1 large fennel bulb or 3 stalks of celery, sliced
- 2 avocados, sliced into 1/4 inch wedges
- 1 drop of Spearmint Essential Oil (optional)
- 1 drop of Coriander Essential Oil
- 2 drops of Fennel Essential Oil
- 1/4 cup of orange juice
- 1 tbsp. of lime juice
- Pinch of salt
- 1/4 tsp. of ground black pepper or one touch of Black Pepper Essential Oil (use a toothpick)

Directions:

In a large bowl, combine grapefruit and sliced fennel bulb (or celery) and mix. In a small bowl, mix essential oils, spices, and lime and orange juice. Stir ingredients in the small bowl with a toothpick, then pour over grapefruit and fennel; let marinade at least one hour. Before serving, gently mix in avocados with salad; garnish with fennel tops and mint leaves.

Greek Burgers

Ingredients:

- 2 lbs. of ground beef or lamb
- 1 drop of Fennel Essential Oil
- 1 clove garlic, minced
- 1/4 cup onion, finely chopped
- 1 tsp. dried oregano
- 1/4 tsp. ground black pepper or one touch of Black Pepper Essential Oil (use toothpick)
- 1 egg

Directions:

Mix all ingredients together in a large bowl, making sure that Fennel oil is mixed in well. Chill for one hour, form into patties and cook as desired.



Fish Marinade

Ingredients:

- 2 pounds of fish filets
- 1/4 cup of lime juice
- 1 drop of Fennel Essential Oil

Directions:

Mix lime juice and Fennel oil, pour over fish filets in a shallow, buttered baking dish, then cover with aluminum foil. Chill for at least one hour; however, overnight would be ideal. Bake at 350° for 25 minutes, or until fish is done and flaky.



Fennel Coleslaw

Ingredients:

- 2 large fennel bulbs, shredded
- 1 cup of red grapes, cut in half
- 1/2 green cabbage, shredded
- 1/2 red cabbage, shredded
- 1/2 cup of sunflower seeds
- 1/4 cup red onion, diced

Directions:

Gently mix all ingredients in large bowl.

Sauce Ingredients:

In a blender, add the following ingredients in this order:

- 1/2 cup soaked, raw almonds
- 1 tsp. of Bragg's Amino Acid or 1/2 tsp. of low sodium soy sauce
- Juice of 1 lemon
- 1 clove garlic
- 1/2 tsp. stevia
- 1 drop of Dill Blend Essential Oil (optional)
- 1 drop of Fennel Essential Oil

Directions:

Blend well and pour over coleslaw and mix. Chill one hour before serving.