

# NOVEMBER OILS OF THE MONTH

"GRATITUDE ATTITUDE"  
2015 Collection (#67955)

## PERSONAL CARE RECIPES

### "Bring Back Spring" Carpet Freshener

#### Ingredients:

- 1 cup Baking Soda
- 20 drops Heaven Scent™ Essential Oil Blend
- 10 drops Orange-Sweet Essential Oil

#### Directions:

In a shaker top bottle, add 1/2 cup of baking soda, then add essential oils. Put lid on and shake 50 times. Add remaining baking soda and shake another 50 times. Let sit for a few hours, so the baking soda soaks up the oils. Sprinkle on carpet, let sit for 5 minutes, then vacuum.



*Prosperity™ Essential Oil Blend is a powerful blend that helps to energize and support overall health. This blend contains: Cinnamon Bark, Ginger, Nutmeg, Orange-Sweet, Patchouli and Black Spruce.\**

### Cloud Nine Bath Salts

#### Ingredients:

- 2 oz. Dead Sea Bath Salts - Unscented
- 10 drops Heaven Scent™ Essential Oil Blend

#### Directions:

In an oil safe jar, add 1 oz. of salts and 10 drops of Heaven Scent™. Put lid on and shake 50 times. Then add remaining salt, cap and shake 50 more times. Put 2 tbsp. in a warm bath, slide on in and let yourself be carried away.

*Heaven Scent™ Essential Oil Blend is a powerful blend that supports physical and emotional balance. This blend contains: Amyris, Bergamot, Black Spruce, Cedarwood, Clementine, Geranium, White Grapefruit, Lavender, Neroli, Orange-Sweet, Osmanthus, Rosewood, Scotch Pine and Ylang Ylang.\**



### Happy Days Are Here Mister

#### Ingredients:

- 10 drops Heaven Scent™ Essential Oil Blend
- 5 drops Orange-Sweet Essential Oil
- 2 oz. Water

#### Directions:

In a 2 oz. misting bottle, add 1 oz. of water and essential oil. Put lid on tightly and shake while pounding bottom of bottle on palm of hand 50 times. Open bottle and add 1 more ounce of water, replace lid and shake 50 more times. First thing in the morning, shake and mist in the air around you; avoiding eyes and furniture.

### Peace and Prosperity Roll-On

#### Ingredients:

- 10 ml. Grapeseed Carrier Oil
- 5 drops Prosperity™ Essential Oil Blend

#### Directions:

In a roller bottle, add 5 ml. of the Grapeseed Carrier Oil and then add essential oils. Put your finger tightly over the end of the bottle and shake well about 50 times. Add remaining Grapeseed Carrier Oil, then twist in roller ball after applying a dot of carrier oil to it; making it easier to twist in. Roll on wrists to energize yourself, and to help with stress and anxiety during the holidays.

### Joy and Abundance Diffuser Blend

#### Ingredients:

- 8 drops Prosperity™ Essential Oil Blend
- 4 drops Orange-Sweet Essential Oil

#### Directions:

Place essential oils in your diffuser and enjoy the warm and comforting aroma of orange and spice for hours to come.

# FOOD RECIPES

## Dreamy Orange Pops

### Ingredients:

- 1 cup fresh Orange Juice
- 1 cup Coconut Milk
- 3 tbsp. Raw Honey or other natural sweetener
- 1 tsp. Real Vanilla
- 1 drop Orange-Sweet Essential Oil

### Directions:

In a mixing bowl, add all ingredients and mix well. Pour into freezer pop mold tray (or use small paper cups) and add in pop sticks or plastic spoons. Freeze until solid. Unmold by dipping into hot water for a few seconds and enjoy with a friend or two.



## Orange and Red Salad

### Salad Ingredients:

- 6 cups Baby Spinach
- 6 Tangerines, peeled and sectioned
- 1/2 cup raw, slivered Almonds
- 2 Avocados, sliced and peeled
- 1 Red Bell Pepper, seeded and chopped

### Salad Ingredients:

- 2 tbsp. Red Wine Vinegar
- 1 tbsp. Honey
- 3 drops of Orange-Sweet Essential Oil
- 1 drop Basil-Sweet Essential Oil (optional)
- 1 Orange, juiced

### Directions:

Combine all salad ingredients in a large bowl. Place all dressing ingredients in quart jar, tighten lid and give a few good shakes. Pour dressing over salad and serve. Make this salad protein-packed, by adding your Slow Cookin' Orange Chicken.

*Orange-Sweet Essential Oil is one of the most popular essential oils worldwide, known for helping balance the thyroid and lymphatic system; thus supporting weight loss and also providing emotional support.\**



## Slow Cookin' Orange Chicken

### Ingredients:

- 16 oz. skinless, boneless Chicken Breasts
- 2 Oranges, juice and zest
- 2 tbsp. Honey
- 1 tbsp. Bragg's Amino Acids (or soy sauce)
- 2 Garlic Cloves, finely chopped
- 1 tsp. fresh grated Ginger, or 4 drops Ginger Essential Oil
- 6 drops Orange-Sweet Essential Oil
- Salt and Fresh Ground Pepper, to taste
- Toasted Sesame Seeds (optional)

### Directions:

Take out your crock pot. Place chicken breasts in crock pot. In a medium sized bowl, mix remaining ingredients until combined. Pour mixture over chicken and cook on low for 5-6 hours, or on high for 3 hours. Remove chicken from crock pot and pour sauce over chicken and rice. Serve over steamed rice, with your favorite steamed or raw veggies. Optional - garnish with toasted sesame seeds.

## Orange You a Poppy Breakfast Muffins

### Ingredients for Muffins:

- 2 1/3 cup Coconut Flour
- 1/2 cup Cane Sugar, raw
- 1/4 cup Honey
- 2 tbsp. Poppy Seeds
- 2 tsp. Baking Powder
- 1/4 tsp. Baking Soda
- 1/4 tsp. Salt
- 1/2 cup Butter, melted
- 2 Oranges, juice and zest
- 2 Eggs
- 1/2 cup Sour Cream
- 1 tsp. Vanilla Extract
- 4 drops Orange-Sweet Essential Oil

### Orange Butter Ingredients:

- 4 tbsp. Butter (1/2 a cube), softened
- 1 tbsp. Honey
- 6 drops Orange-Sweet Essential Oil

### Directions:

Preheat oven to 375 degrees. Butter muffin pan, set aside. Mix all dry muffin ingredients in a large mixing bowl, set aside. Mix all wet muffin ingredients in a medium mixing bowl. Pour wet ingredients into the dry ingredients and mix gently until all flour lumps are gone; being careful to not over mix. Batter will be thick. Spoon batter into muffin pan, filling each cup to the top. Bake for approximately 15 mins, or until done. While the muffins are baking, mix Orange-Sweet Essential Oil and honey into the soft butter. Spread orange butter on muffins once they're done baking, allow to cool and enjoy!

