

Summer Social **DIY**

Lemon & Lime Guacamole

INGREDIENTS

- 2 ripe avocados, seeded and mashed with fork
- 1-2 T red onion, finely chopped
- 2 cloves garlic, crushed/minced
- 1/2 to 1 drop Lemon Vitality essential oil
- 1/2 to 1 drop Lime Vitality essential oil
- 1 small roma tomato, diced
- 1 t fresh cilantro leaves, finely chopped
- Salt to taste

DIRECTIONS

Add avocado to a small mixing bowl. Mix into the avocado the red onion, crushed garlic, diced tomatoes, chopped cilantro, and salt to taste. Add a little of the Lemon and/or Lime Vitality essential oil to taste.



Notes:



Summer Sangria

INGREDIENTS

- 3 bottles of red wine, such as cabernet, merlot, or pinot noir, Tempranillo
- 1 cup fresh-squeezed orange juice
- 1 cup fresh-squeezed grapefruit juice
- 1/2 cup brandy or rum
- 2 apples, green or red, cut into 2-inch chunks
- 2 oranges cut into 1-inch round slices
- 1 lemon cut into 1-inch round slices
- 2 T raw honey
- 1 cup NingXia Red or seltzer water
- 1 pint strawberries for garnish
- 5 drops Orange Vitality essential oil
- 5 drops Grapefruit Vitality essential oil
- 3 drops Lemon Vitality or Citrus Fresh Vitality essential oil or a little of both

Notes:

Chicken Marinade

INGREDIENTS

- Juice of 2 limes
- 1/3 cup olive oil
- 1 clove garlic
- 1/2 cup lightly - packed fresh cilantro leaves, chopped
- 1 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon red pepper flakes
- 1 teaspoon kosher salt
- 2 drops Black Pepper Vitality essential oil
- 2 drops Lime Vitality essential oil*



Mix ingredients together. Allow chicken to marinate for 2-6 hours.

*Avoid plastic when using citrus essential oils.

Notes:

Citrus Coconut Popsicles



INGREDIENTS

- 1 can full-fat coconut milk
- 1 cup orange juice or orange pineapple juice (Get creative!!!)
- 1/3 cup (or to taste) agave or sweetener of choice
- 1-2 drops of Lime Vitality or Citrus Fresh Vitality essential oil

DIRECTIONS

Blend coconut milk, agave, and Lime Vitality essential oil. Pour mixture into popsicle mold, dividing evenly. Place in freezer for 10 minutes; then top with juice. Freeze again for 30 minutes. Insert popsicle sticks. Continue freezing until firm.

Notes:
