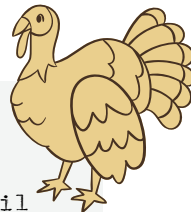


TURKEY BRINE



- 2 C. sea salt
- 1 C. organic sugar
- 10 drops Lemon Vitality Essential Oil
- 4 drops Thyme Vitality Essential Oil
- 4 drops Parsley Vitality Essential Oil
- 4 drops Sage Vitality Essential Oil
- 4 drops Tarragon Vitality Essential Oil
- 1 bay leaf
- 2 TBSP. peppercorn
- 2 TBSP. coriander

Mix with 1 gallon liquid (water or water and apple juice, cider, etc - I prefer 1/2 water 1/2 juice)

Brine for 1 hour per lb of turkey up to 24 hours

THIEVES INFUSED MAPLE PECANS

- 2 C. Raw Pecans
- 4 tbsp. Real Maple Syrup
- 1/2 tsp Salt
- 6 drops Thieves Vitality



Preheat oven to 350F. Toss the pecans in a bowl with the maple syrup and salt and optional pepper. Place pecans on a lined baking sheet. Place on the middle rack for 7 minutes, and STIR. Roast another 3-7 minutes, until golden and caramelized. Remove from oven and toss. Let cool completely. Break apart. Store in jar, or bowl on the counter for easy snacking.

CRANBERRY SAUCE

- 12 OZ. Bag Cranberries
- 1 CUP Cranberry Juice
- CUP Pure Maple Syrup
- 5 DROPS Citrus Fresh

Wash bag of cranberries under cool water, then dump into a medium saucepan. Pour in cranberry juice and maple syrup.

Stir together and turn heat on high until it reaches a boil. Once it comes to a rolling boil, turn the heat down to medium low and continue cooking over lower heat for about 10 minutes or until the juice is thick. Turn off the heat. Stir in essential oils. Serve Chilled.



SMOKEY PUMPKIN HUMMUS

- 1 can or 15 oz organic chickpeas
- 1/4 cup tahini
- 1/2 cup pumpkin puree
- 1/2 tsp Chili Powder
- 1/4 tsp Chipotle (optional)
- 1 drop Cumin Vitality
- 1 drop Black Pepper Vitality
- 1/2 tsp Himalayan salt
- 2 TBSP garlic powder
- Sprinkle of paprika
- 1 TBSP extra virgin olive oil

Puree chickpeas, tahini and pumpkin puree in a food processor. In a small bowl, mix the spices, salt and essential oils together, then incorporate them into the puree. Top with olive oil and paprika.



CITRUS FRESH SALAD DRESSING

- 2 TBSP. Olive Oil
- 2 TBSP. Lemon Juice
- 1-2 tsp. Honey
- 4-6 drops Citrus Fresh Vitality
- Salt & Pepper to taste



Whisk all ingredients together.

Great on a Waldorf salad, Citrus salad,
or this Kale Mango Salad:

<https://www.whiskaffair.com/kale-mango-salad-recipe>

PEPPERMINT BLONDIES

- 1 Cup Unsalted Butter Melted
- 2 Cups Packed Brown Sugar
- 2 Large **Eggs**, AT ROOM TEMPERATURE
- 2 teaspoons Vanilla Extract
- 1 $\frac{3}{4}$ Cup **All Purpose Flour**
- $\frac{1}{2}$ tsp Baking Powder
- $\frac{1}{2}$ tsp Salt

Preheat oven to 350 degrees and spray a 9x9 pan with cooking spray or coat with butter.

In a large bowl, mix melted butter and brown sugar. Add in the eggs and vanilla and whisk vigorously until smooth. Add the flour, baking powder, and salt and stir until well incorporated. Pour the batter into the prepared pan and smooth out. Bake for 30 minutes until edges are golden and toothpick comes out mostly clean. Allow to cool completely, then cut into squares.



DIGIZE + DARK CHOCOLATE DIPPED POTATO CHIPS



- 1 Bag Dark Chocolate Chips
- 3-5 drops Digize Vitality
- 2-3 drops Peppermint Vitality
- 1 Bag of Kettle Cooked Potato Chips (crunchy!)

Melt chocolate chips in a double boiler until creamy. Slowly mix in essential oils and taste to make sure the flavor is to your liking. Dip 1/2 of a potato chip into the chocolate and then lay on a parchment lined cookie sheet. Place in the freezer for about 10 minutes to cool and then move to a storage container.

HOLIDAY PRETZEL DIP



- 1/2 C. Butter
- 8 oz. Cream cheese
- 8 oz Powdered Sugar
- 1 tsp. Vanilla
- 10 drops Christmas Spirit



Cream together all ingredients and serve
with gluten free pretzels.

LEMON CURRY CHICKEN SALAD

- Shredded Chicken
- Fresh squeezed lemon juice (Use plenty! Just when you think it's enough, add more!)
- Curry - Same...use plenty!
- Garlic Powder - lots (sensing a trend?)
- Himalayan Sea Salt to taste
- 3 drops Black Pepper Vitality
- 3 drops Lemon Vitality
- Sliced roasted almonds or roasted pumpkin seeds
- Finely chopped celery (not too much)
- Finely chopped red onion (not too much)
- Finely chopped bell pepper (not too much)
- Chopped fresh parsley for sprinkling over the top

SNOWDRIFTS

(Like a Winter Haystack)

- 2 cups white chocolate chips (12 ounces), melted
- 2 tablespoons almond butter
- 6-8 drops Peppermint Vitality
- 6 ounces Chinese or chow mein noodles
- 6 ounces slivered almonds



Melt the white chocolate chips in a double boiler over simmering water. In a medium bowl, combine the melted white chocolate and almond butter. Add noodles and slivered almonds and mix well. Drop the batter by the heaped tablespoon onto waxed paper and refrigerate until cool and set, about 20 minutes.

BUTTER MINTS

- 1/2 C. (1 stick) butter, softened
- 4 C. powdered sugar
- 1 TBSP. half and half
- 1 TBSP. vanilla or 1 drop vanilla essential oil
- 1/4 tsp. Peppermint Vitality
- dash salt



Add softened (not melted) butter to a stand mixer and beat well until smooth. Add remaining ingredients. Beat on low until dry and crumbly. On a powdered sugar dusted surface, roll the dough into a long snake shape about 1/2" thick. cut the mints into tiny bites. Spread on baking sheet and let dry overnight

SIMPLE SYRUP

- 1 C. Raw Sugar, honey, or maple syrup
- 1 C. Water
- 1 C. fruit (if desired)
- 5-15 drops Young Living Vitality essential oils

Essential Oil Flavor Ideas:

- London Fog: 1-5 drops Bergamot + 1 drop Lavender
- Peppermint Cream: 5 drops Peppermint and 1 tsp. Pure Vanilla Extract
- Citrus Hibiscus: hibiscus flowers and 1-5 drops Citrus Fresh



Combine all ingredients in sauce pan and simmer for about 5 minutes. Let cool completely, drain fruit, and add essential oils to taste.

THIEVES INFUSED MAPLE PUMPKIN SEEDS

- 2 C. Raw Pumpkin Seeds
- 2-3 tsp. Cocounut Oil
- 1 tsp. Maple Syrup
- 1 tsp Cinnamon
- 2 tsp Salt
- 6 drops Thieves Vitality



Stir Ingredients. Roast in the oven at 300 until dry
- watch them carefully. Enjoy!