

Share Scents News

Essential Oils for Every Day and Every Body



Vitality Essential Oils

Young Living is known for its large selection of pure, authentic essential oils. We also boast a wide selection of safe, non-toxic, and naturally derived products for the whole home!

This newsletter is about using the wide selection of vitality essential oils to cook with, flavor your foods, and enhance your diet. Enjoy the suggestions. Keep in touch with me to learn more about every day uses for essential oils and natural ways to enhance your wellness. Essential oils really do make our lives better.

Try the recipes included here and start to substitute vitality oils for dry or fresh herbs. You will be delighted with the flavors.

Blessings,
Joyce

Categories of Vitality Oils

- Spice or Herb? You can usually know based on where it comes from. Spices are typically from the buds, seeds and roots, while herbs come from the leaves of the plant.
- Herb oils are great to have on hand while cooking cuisines from around the world – from Oregano Vitality™ in Italian pastas or Mexican or Mediterranean dishes, to Lemongrass Vitality™ in Thai curry.
- Many Citrus oils come from cold-pressing the rinds of citrus fruit. Fruity and bright, they're great for flavoring beverages.

Support Your body's wellness every month on Essential Rewards!

It is an optional program that allows you to order a monthly wellness box with products of your choice.

Order the same thing every month or change it up.

IT IS YOUR CHOICE

Perks of Loyalty Rewards (LR)

- ★ Receive 10-25% back in points that you can redeem on future quick orders to get FREE products.
- ★ Receive gifts at months 3, 6, 9, and 12.
- ★ On ER you are eligible for monthly promotional items and more.

Loyalty Rewards Collections Save you EVEN More

Thieves
NingXia Red



Cost & Convenience



Measurement Conversion for Young Living Vitality Oils

ts-toothpick swirl - tsp-teaspoon - tbsp-tablespoon

 <p>1d - 1/2 tsp 2d - 1 tsp 4d - 1 tbsp</p>	 <p>2d - 1/2 tsp 4d - 1 tsp 8d - 1 tbsp</p>	 <p>2ts - 1/2 tsp 1d - 1 tsp 2d - 1 tbsp</p>	 <p>2ts - 1/2 tsp 1d - 1 tsp 2d - 1 tbsp</p>	 <p>1d - 1/2 tsp 2d - 1 tsp 4d - 1 tbsp</p>
 <p>2ts - 1/2 tsp 1d - 1 tsp 2d - 1 tbsp</p>	 <p>1d - 1/2 tsp 2d - 1 tsp 4d - 1 tbsp</p>	 <p>1d - 1/2 tsp 2d - 1 tsp 4d - 1 tbsp</p>	 <p>1d - 1/2 tsp 2d - 1 tsp 4d - 1 tbsp</p>	 <p>1d - 1/2 tsp 2d - 1 tsp 4d - 1 tbsp</p>
 <p>1ts - 1/2 tsp 2ts - 1 tsp 1d - 1 tbsp</p>	 <p>2d - 1/2 tsp 4d - 1 tsp 8d - 1 tbsp</p>	 <p>2d - 1/2 tsp 4d - 1 tsp 8d - 1 tbsp</p>	 <p>2d - 1/2 tsp 4d - 1 tsp 8d - 1 tbsp</p>	 <p>2ts - 1/2 tsp 3ts - 1 tsp 2d - 1 tbsp</p>
 <p>1d - 1/2 tsp 2d - 1 tsp 4d - 1 tbsp</p>	 <p>2d - 1/2 tsp 4d - 1 tsp 8d - 1 tbsp</p>	 <p>2ts - 1/2 tsp 1d - 1 tsp 2d - 1 tbsp</p>	 <p>3ts - 1/2 tsp 1d - 1 tsp 3d - 1 tbsp</p>	 <p>2ts - 1/2 tsp 1d - 1 tsp 2d - 1 tbsp</p>

Tip: Less is more. Often even one drop of essential oil can be too much. So maybe you will dip a clean toothpick in the oil and then swirl that into your recipe. Toothpick Swirl = TS when you see it in any of the recipes or on this chart!

Morning Start Oatmeal

Perk up your oatmeal with a drop or two of [Cinnamon Bark Vitality™](#) which will support your digestive system.



Wolfberry Tea

Bring 8 oz. of water to a rolling boil; then cool for 3½ minutes. Line bottom of cup or mug with dried wolfberries and add water.



Steep for five minutes and stir before drinking.

Add a few drops of your favorite Vitality Oil to the tea as desired. [Citrus Fresh Vitality™](#) is a great option.

Using Vitality Oils

General Cooking Tips

- Dry herbs are added at the beginning of cooking, while fresh herbs and essential oils should be added at the end.
- Very small amounts of essential oils are needed.
- I recommend placing a drop of essential oil in a spoon, then dipping a toothpick into the drop of essential oil, then stirring the toothpick around in the food you are preparing. Increase the amount according to your taste.

These ratios can also provide a guideline for how much essential oil to use in substitutions:



How Much Should I Use?

- Juice or zest of 1 citrus fruit = 10–15 drops of oil
- 1 liquid tablespoon or more = ½–1 drop of oil
- Less than 1 tablespoon = 1 toothpick swirl of oil

**With Vitality Oils,
Less is More!**

Simple Vinaigrette

Ingredients - 2 tablespoons apple cider vinegar; 1 teaspoon honey; ¼ teaspoon salt; ½ teaspoon ground mustard; 1 tablespoon grated onion; 2 drops Lemon Vitality™ essential oil; 4 tablespoons extra virgin olive oil

Instructions - Whisk all ingredients together until well combined.

Pairs well with mixed green salad, chicken, Young Living Organic Dried Wolfberries, parmesan and walnuts.

Practical Tips & Uses

- Roasting S'mores goes to the next level when you add Peppermint Vitality™ to the chocolate!
- Add some fresh, diced mint or carrots along with a few drops of Young Living's Lemon Vitality™ or Basil Vitality™ to your rice, bulgur, quinoa, or couscous side dish for enhanced flavor.
- Add a little spice to your morning by adding a drop of Cove Vitality™ or Cinnamon Bark Vitality™ to your tea.
- In a blender, combine 1 serving of Chocolate Deluxe Pure Protein Complete, a drop of Peppermint Vitality™, and a cup of ice for a refreshing peppermint shake.
- Add 2-3 drops of Lime Vitality™ or Lemon Vitality™ per serving in seafood recipes or 1-3 drops of Orange Vitality™ or Tangerine Vitality™ in chicken dishes.
- Remember, when cooking with oils, LESS is more! I can't stress that enough.

Watermelon Spritzer

3 cups chilled watermelon
1 cup coconut water
1 drop Lime Vitality™

Blend Pour. Sip.



Four Seasons of Flavor

Spicy Potato Salad


Ingredients:

1 drop Black Pepper Vitality
1 cup dried Wolfberries
1 cup fresh cilantro, chopped & packed
1 cup fresh parsley, chopped & packed
1 cup fresh dill, chopped and packed
Salt and pepper to taste

Instructions:

- Place peeled potatoes in a large pot of boiling water and cook until soft (about 10 min).
- Drain potatoes; dry and cube.
- Heat 2 Tbl. olive oil in a cast-iron skillet on medium heat. Stir in garlic, red pepper flakes and dried wolfberries. Cook for 2-3 minutes; then add turmeric.
- Toss in potatoes; mix well to coat.
- Add cilantro, parsley and dill. Cook 4 additional minutes. Remove from heat.
- Mix 2 Tbl. olive oil with Coriander, Lime and Black Pepper Vitality oils.
- Drizzle over potato salad until fully mixed.
- Add salt and black pepper to taste.
- Top with additional red pepper flakes and remaining fresh herbs.
- Serve warm or at room temperature.

Homemade Hot Cocoa


Ingredients:

4 cups unsweetened almond milk
(or other milk you prefer)
8 Tbl. unsweetened cocoa
1 tsp. vanilla extract
4 tsp. honey, or more to taste
4 drops Lavender, Peppermint,
Orange or Cinnamon Bark Vitality

Instructions:

- Heat milk in saucepan on medium high heat.
- Add cocoa, vanilla extract, and honey; whisk until smooth.
- When warm, remove from heat and stir in essential oil(s) of choice.

Pumpkin Spice Protein Bars


Ingredients:

1-2 tsp. Stevia powder
4 oz. unsweetened applesauce
2 drops Cinnamon Bark Vitality
1-2 drops Ginger Vitality
1 tsp. aluminum-free baking powder
1 tsp. baking soda
½ tsp. salt
2 tsp. pure vanilla extract
4 large egg whites
1 15-oz. can raw pumpkin
2 cups oat flour
2 scoops Vanilla Spice Pure Protein Complete powder
1/2 cup chopped walnuts (optional)

Instructions:

- Preheat oven to 350 °F
- Grease a 9X13 glass backing dish with nonstick spray or coconut oil
- Combine Stevia powder, unsweetened applesauce, Vitality oils, baking powder, baking soda, salt, vanilla extract, and egg whites in mixing bowl; mix well.
- Add oat flour, Pure Protein Complete and chopped walnuts; mix well.
- Spread batter into baking dish and bake for 30 minutes
- Allow to cool before cutting into 30 equal squares.

Taste of Spring

- Sunrise Nitro Smoothies
- Lemon Lavender Vegan Cheesecake
- Lavender Lemonade

Savoring Summer

- Mediterranean Marinade
- Spicy Potato Salad
- Blueberry Lavender Ice Cream

Autumn Bliss

- Cinnamon Apple Chips
- Pumpkin Spice Protein Bars
- Pumpkin Spice Latte

Winter Warmth

- French Toast & Apple Cranberry Sauce
- Dark Chocolate Cinnamon Mousse
- Homemade Hot Cocoa

Connect with our team:

Share Scents Classroom:

www.facebook.com/groups/ShareScentsClassroom

Share Scents Blog: <https://sharescents.com/blog>

Get your own set of Vitality Oils at

ShareScents.com

You'll love the flavors.

Start with a Premium Starter Bundle, if you are interested in getting a great price.