

# Four Seasons of Flavor

Cooking With Essential Oils



## Shopping List

### Citrus:

- Lemon Vitality
- Lime Vitality
- Orange Vitality
- Tangerine Vitality

### Herbs:

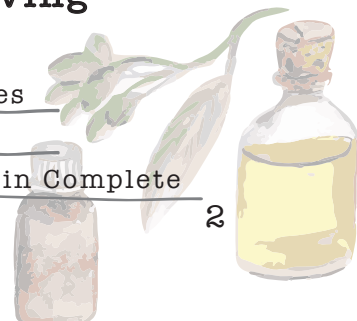
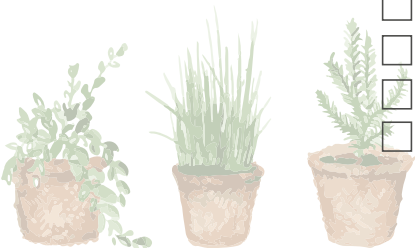
- Basil Vitality
- Rosemary Vitality
- Thyme Vitality
- Oregano Vitality
- Peppermint Vitality
- Dill Vitality
- Lavender Vitality

### Spices:

- Black Pepper Vitality
- Coriander Vitality
- Cinnamon Bark Vitality
- Ginger Vitality
- Clove Vitality
- Nutmeg Vitality

### Other Young Living Products:

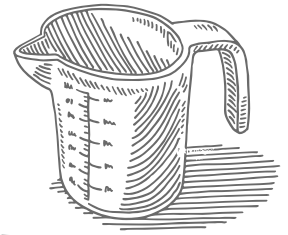
- Ningxia Wolfberries
- Ningxia Nitro
- Vanilla Pure Protein Complete





# How They Measure Up

Measurement Conversion for Young Living Vitality Oils  
ts-toothpick swirl • tsp-teaspoon • tbsp-tablespoon



**BASIL**  
1d - 1/2 tsp  
2d - 1 tsp  
4d - 1 tbsp

**BLACK PEPPER**  
2d - 1/2 tsp  
4d - 1 tsp  
8d - 1 tbsp

**CARDAMOM**  
2ts - 1/2 tsp  
1d - 1 tsp  
2d - 1 tbsp

**CELERY SEED**  
2ts - 1/2 tsp  
1d - 1 tsp  
2d - 1 tbsp

**CINNAMON BARK**  
2ts - 1/2 tsp  
1d - 1 tsp  
2d - 1 tbsp

**CORIANDER**  
1d - 1/2 tsp  
2d - 1 tsp  
4d - 1 tbsp

**DRILL**  
1d - 1/2 tsp  
2d - 1 tsp  
4d - 1 tbsp

**COUPABA**  
1ts - 1/2 tsp  
2ts - 1 tsp  
1d - 1 tbsp

**GRAPEFRUIT**  
2d - 1/2 tsp  
4d - 1 tsp  
8d - 1 tbsp

**LEMON**  
2d - 1/2 tsp  
4d - 1 tsp  
8d - 1 tbsp

**NUTMEG**  
1d - 1/2 tsp  
2d - 1 tsp  
4d - 1 tbsp

**ORANGE**  
2d - 1/2 tsp  
4d - 1 tsp  
8d - 1 tbsp

**OREGANO**  
2ts - 1/2 tsp  
1d - 1 tsp  
2d - 1 tbsp

**PEPPERMINT**  
3ts - 1/2 tsp  
1d - 1 tsp  
3d - 1 tbsp

**ROSEMARY**  
1d - 1/2 tsp  
2d - 1 tsp  
4d - 1 tbsp

**CLOVE**  
1d - 1/2 tsp  
2d - 1 tsp  
4d - 1 tbsp

**LIME**  
2d - 1/2 tsp  
4d - 1 tsp  
8d - 1 tbsp

**SAGE**  
1d - 1/2 tsp  
2d - 1 tsp  
4d - 1 tbsp

**TARAXAC**  
2ts - 1/2 tsp  
3ts - 1 tsp  
2d - 1 tbsp

**THYME**  
2ts - 1/2 tsp  
1d - 1 tsp  
2d - 1 tbsp

*A taste of Spring*

“Spring is nature’s way of saying let’s party.”  
~ Robin Williams



# Sunrise Nitro Smoothie

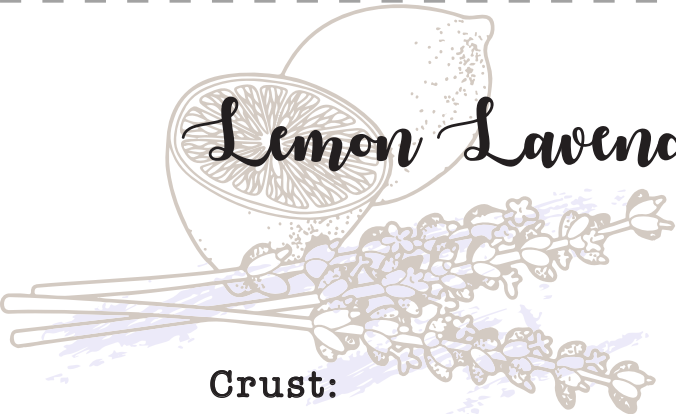
## Ingredients:

- 1 tube NingXia Nitro
- 4 drops Orange or Tangerine Vitality
- ½ cup coconut water
- ½ cup strawberries
- ½ cup blueberries
- 1 peeled navel orange
- ½ tsp chia seeds
- ½ cup cubed ice (optional)

## Instructions:

1. Combine all ingredients in a blender and blend until desired consistency.
2. Add additional coconut water if needed.

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# Lemon Lavender Vegan Cheesecakes

## Crust:

- 1 cup mixed nuts (I used a mix of walnuts, almonds, and cashews)
- 1 tbsp chia seeds
- 1 cup dates

## Filling:

- 2 cups raw cashews, pre-soaked in water for 4 hrs
- ½ cup lemon juice
- ¼ cup pure maple syrup
- ¼ cup coconut oil, melted
- 4-6 drops Lavender Vitality
- ½ tsp vanilla extract

## Instructions:

1. Grease muffin tin with nonstick spray or coconut oil.
2. Place long strips of parchment paper in each muffin mold for easy removal.
3. Blend dates, nuts, and chia seeds in a food processor until a rough, sticky texture is reached.
4. Transfer mixture into muffin pan by the spoonful; press down firmly and evenly. Set pan in freezer.
5. Blend all filling ingredients until smooth and creamy. Add liquid if needed (ex: almond milk).
6. Remove muffin pan from freezer and add filling to each crust, smoothing out to eliminate air bubbles.
7. Decorate, if desired (ex: use lavender before freezing and lemons after freezing).
8. Freeze for at least 5 hours.
9. Gently pull each cake out using parchment paper.
10. Enjoy when ready! Makes 12 cakes.

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### Ingredients:

1 ¼ cups freshly squeezed lemon juice

½ cup local honey

1 drop Lavender Vitality

2 drops Lemon Vitality

6 ½ cups of water, divided

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### Instructions:

1. Add lemon juice to glass pitcher, including lemon pulp.
2. In a small saucepan, combine honey and ½ cup of water over low heat. Stir until the honey has combined with the water, creating a syrup.
3. Add 1 drop Lavender Vitality and 2 drops Lemon Vitality to syrup {not the water!}.
4. Pour syrup into lemon juice; add 6 cups water and stir well.
5. Serve over ice and enjoy!

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# Mediterranean Marinade

## Ingredients:

¾ cup olive oil

½ cup soy sauce or coconut aminos

1 tablespoon red wine vinegar

1 clove garlic, minced

1 drop Oregano Vitality

2 drops Lemon Vitality

1 drop Black Pepper Vitality

## Instructions:

1. Combine all ingredients in a small mixing bowl.
2. Set meat in a shallow glass bowl or baking pan.
3. Pour marinade over meat; cover and refrigerate 1-4 hours before grilling.
4. Discard any unused marinade.

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# Spicy Potato Salad

## Ingredients:

6 medium-sized gold potatoes, peeled

4 tbsp olive oil

2 garlic cloves, minced

1 tsp crushed red pepper flakes

2 tsp ground turmeric

2 drops of Coriander Vitality

4 drops Lime Vitality

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 & packed

Salt and pepper, to taste

## Instructions:

1. Place peeled potatoes in a large pot of boiling water and cook until soft (about 10 minutes).
2. Drain potatoes; dry and cube.
3. Heat 2 tbsp 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.
4. Toss in potatoes; mix well to coat.
5. Add cilantro, parsley, and dill. Cook 4 additional minutes. Remove from heat.
6. Mix 2 tbsp olive oil with Coriander, Lime, and Black Pepper Vitality oils.
7. Drizzle over potato salad until fully mixed.
8. Add salt and black pepper to taste.
9. Top with additional red pepper flakes and remaining fresh herbs.
10. Serve warm or at room temperature.



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# Homemade Blueberry Lavender Ice Cream



## Ingredients:

2 cups frozen blueberries

1 cup full-fat coconut cream

4 tsp Blue Agave

4 drops Lavender Vitality

Up to  $\frac{1}{3}$  cup coconut water

## Instructions:

1. Line small casserole dish with wax or parchment paper.
2. Add frozen blueberries, coconut cream, Lavender Vitality, and agave to a high-powered blender or food processor.
3. Pulse ingredients together, adding coconut water 1 tablespoon at a time to help ingredients blend together smoothly. Be careful not to add too much liquid or ice cream will become too soft.
4. Pour blended ingredients into the prepared dish, cover, and freeze for 4 hours.
5. Scoop into bowls, garnish with your favorite toppings & enjoy!

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# Cinnamon Apple Chips

## Ingredients:

3 apples

¼ cup honey

1 drop Cinnamon Bark Vitality

## Instructions:

1. Preheat oven to 225° F.
2. Use Thieves Fruit & Veggie Spray to clean the fruit.
3. With a mandolin or knife, thinly slice apples from top to bottom.
4. In a small bowl, combine honey and Cinnamon Bark Vitality.
5. Line two cookie sheets with parchment paper and place apple slices on top. Drizzle honey mixture over apple slices.
6. Bake for 90 minutes.
7. Remove from oven and place apple slices on cooling rack.

For best results, store apple chips in an airtight container and eat within 24 hours.

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# 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 drop Clove 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 Pure Protein Complete™ Vanilla Spice protein powder

½ cup chopped walnuts (optional)

## Instructions:

1. Preheat oven to 350°F.
2. Grease a 9x13 glass baking dish with nonstick spray or coconut oil.
3. Combine Stevia powder, unsweetened applesauce, Vitality essential oils, baking powder, baking soda, salt, vanilla extract, and egg whites in mixing bowl; mix well.
4. Add oat flour, Pure Protein Complete™ Vanilla Spice protein powder and chopped walnuts; mix well.
5. Spread batter into baking dish and bake for 30 minutes.
6. Allow to cool before cutting into 30 equal squares.

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# Pumpkin Spice Latte



## Ingredients:

- 2 cups Half & Half
- 14 oz. sweetened condensed milk
- $\frac{2}{3}$  cup pumpkin puree
- 1 cup heavy cream
- 1 tbsp pure maple syrup
- 2 tsp pure vanilla extract
- 2 drops each Cinnamon Bark, Clove, and Nutmeg Vitality

## Instructions:

1. Whisk all ingredients together until fully combined.
2. Add desired amount to regular black coffee & stir.
3. Store in refrigerator.

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# French Toast with Apple Cranberry Sauce



## Ingredients:

1 cup dried cranberries  
½ cup juice (ex: grape, apple, orange)  
1 cup berry preserves  
1 large Granny Smith apple, chopped  
4 drops Orange Vitality, divided  
3 drops Cinnamon Bark Vitality, divided  
3 eggs

¾ cup milk  
½ cup melted butter  
½ teaspoon vanilla extract  
1 drop Nutmeg Vitality  
1 drop Clove Vitality  
1 drop Ginger Vitality  
8 large slices of bread or 12 regular slices

## Instructions:

1. Combine cranberries, juice, preserves, and apples in small saucepan. Bring to a simmer over low heat.
2. Remove from heat and add 2 drops Orange Vitality and 1 drop Cinnamon Bark Vitality. Stir and set aside.
3. Heat griddle to 375°F.
4. Combine eggs, milk, butter, vanilla, Nutmeg Vitality, Clove Vitality, Ginger Vitality, plus 2 drops each Cinnamon Bark Vitality and Orange Vitality in shallow dish and stir well.
5. Dip bread into egg mixture; allow excess to drip off before setting on griddle.
6. Cook each side about 3-4 minutes each or until golden brown.
7. Spoon apple mixture over top and serve immediately.

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# Dark Chocolate Cinnamon Mousse



## Ingredients:

3 large avocados, peeled and pitted  
1½ cups raw unsweetened cocoa powder  
¾ cup maple syrup  
½ cup raw agave  
15 oz. can coconut cream, refrigerated overnight  
½ tsp vanilla powder  
4 drops Cinnamon Bark Vitality (or substitute 8 drops Orange Vitality)  
1 pinch finely ground pink Himalayan salt

## Instructions:

1. Place avocados in food processor and puree until smooth.
2. Add cocoa powder, maple syrup, agave syrup, vanilla powder, Cinnamon Bark Vitality (or Orange Vitality) and salt.
3. Mix until smooth.
4. In a separate bowl whip coconut cream until fluffy.
5. Gently fold in chocolate mixture to whipped cream until thoroughly combined.
6. Serve immediately or refrigerate until ready to serve.

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# Homemade Hot Cocoa

## Ingredients:

4 cups unsweetened almond milk (or sub)

8 tbsp unsweetened cocoa

1 tsp vanilla extract

4 tsp honey, or more to taste

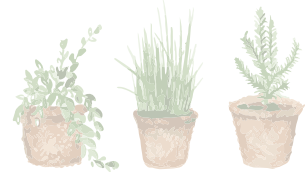
4 drops Lavender, Peppermint, Orange  
or Cinnamon Bark Vitality

## Instructions:

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

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## References



1. Sunrise Nitro Smoothie (*The Lavender Life*)
2. Lemon Lavender Vegan Cheesecakes (*Phruitful Dish, adapted*)
3. Seasonal Wellness Lavender Lemonade (*Fieldstone Hill Design*)
4. Mediterranean Marinade (*The Lavender Life*)
5. Spicy Potato Salad (*The Lavender Life*)
6. Homemade Blueberry Lavender Ice Cream (*The Lavender Life*)
7. Cinnamon Apple Chips (*The Lavender Life*)
8. Pumpkin Spice Protein Bars (*The Lavender Life*)
9. Pumpkin Spice Latte (*Keeping Life Sane, adapted*)
10. French Toast with Apple Cranberry Sauce (*Recipes with Essential Oils*)
11. Dark Chocolate Cinnamon Mousse (*Recipes with Essential Oils*)
12. Homemade Hot Cocoa (*The Lavender Life, adapted*)



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# My Recipe Notes

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