

ANCIENT WISDOM

In Modern Menu



WRITTEN TOGETHER IN HEALTH BY

Carol Howden & Katrina Harrison

"Cooking is love made
visible."

We hope these recipes bring you comfort, laughter and nourishment
with many loving family members and friends for years to come.

We remain always in service to your health; with greatest love and joy,
Carol Howden & Katrina Harrison

CHICKPEA *Burgers*



4 C Organic Cooked Chickpeas, Rinsed, Mashed
1 Organic Purple Onion, Chopped
1 Organic Medium Zucchini, Grated
1/2 C Organic Cilantro, Chopped
1 Sm Organic Red Pepper
7 Tbsp Organic Apple Cider Vinegar
3 Tbsp Organic Sriracha Sauce
5 Tbsp Organic Natural Peanut Butter
2 Tsp Herbamare Spice
3 Tsp Organic Cumin
2 Tsp Organic Garlic Powder
2 C Organic Quick Oats
5 Tbsp Organic Olive Oil
3 D Black Pepper Essential Oil
1 D Cilantro Essential Oil
2 D Cumin Essential Oil
2 D Lime Essential Oil

- + Place mashed chickpeas in large bowl. (Processor works great for mashing)
- + Add all vegetables and oats to chickpeas. Mix well.
- + Add vinegar, sriracha, olive oil, peanut butter, spices, essential oils to small bowl. Mix well.
- + Add sauce to chickpea mixture and mix well.
- + Form burger patties and cook on medium heat in pan on stovetop until sides are crispy and middle will be a bit soft about 3-5 minutes.
- + Serve in lettuce leaf or on bun with condiments of choice.



Serving Size
6-12 People



Prep Time
15 Minutes



Cook Time
15 minutes



Total Time
30 Minutes

GUACAMOLE

Celery Spoons



2 Ripe Organic Avocados, Mashed
2 Organic Celery Stalks, Chopped
1 Organic Tomato, Chopped
1 Bunch of Organic Cilantro, Chopped
2 Organic Limes, Squeezed
2 Cloves Organic Garlic, Minced
Herbamare Spice To Taste
1 D Lemon Essential Oil
1 D Black Pepper Essential Oil
1 D Basil Essential Oil
4 Organic Celery Stalks, Cut in 3

+ Mix all the ingredients except the the lime juice, tomato and oils together in a bowl.

+ Add the chopped tomato and fold through gently.

+ Squeeze the lime and set aside the lime juice

+ Put the essential oils into the lime juice

+ Pour over mixture, fold in thoroughly

+ Fold in tomatoes

+ Serve the guacamole on the cut celery stalk "spoons"!

+ Delicious as a dip with vegetables or chips.

Enjoy!

NOTE: Do not use plastic bowls or plastic serving spoons when cooking with oils.



Serving Size
6-12 People



Prep Time
15 Minutes



Cook Time



Total Time
15 Minutes

GLUTEN FREE PUMPKIN *Loaf*



3 C Organic Cane Sugar
1 C Organic Coconut Oil
4 Eggs
3 1/3 C Gluten Free Flour, 1To1 Bob Mills Brand
2 Tsp Organic Baking Soda
1 1/2 Tsp Salt
1 Tsp Organic Cinnamon
1 Tsp Organic Nutmeg
2/3 C Water
15oz Pure Organic Pumpkin Puree
6 D Nutmeg Essential Oil
2 D Cinnamon Bark Essential Oil
1 D Clove Essential Oil
Optional: Icing
1 Pkg Organic Cream Cheese
1/4 C Organic Maple Syrup
1 D Vanilla Essential Oil

- + Turn oven to 350F
- + Mix sugar, oil and eggs together.
- + Mix in flour, baking soda, salt cinnamon and nutmeg.
- + Stir in water and pumpkin by hand.
- + Add essential oils and mix well.
- + Pour batter evenly into 2 greased loaf pans and bake at 350F degrees for an hour or until toothpick/fork comes out clean.
- + Let cool for 10-15 minutes before removing.
- + Optional Icing: Cream together cream cheese, maple syrup and vanilla oil. + Mix well. Spread evenly on top of cooled loaf.



Serving Size
4-6 People



Prep Time
15 Minutes



Cook Time
50-55 Minutes



Total Time
65-70 Minutes

NINGXIA LIME



Spritzer

3 Bottles Sparkling Organic Apple Juice
1 Bottle Ningxia Red Juice
1/2 C Organic Fresh Squeezed Lime
Juice
10 D Lime Essential Oil
Cacao Salt
Organic Lime Slices

+ Mix apple juice, Ningxia Red, lime juice and lime essential oil in
Juice dispenser.

+ Cool in fridge or add ice to serve right away

+ Dip the glass rims in water and then dip in cacao salt to rim the
glasses with cacao salt.

+ Add juice to glasses and garnish with lime slice.
Serve chilled.



Serving Size
12 People



Prep Time
5 Minutes



Cook Time
10 Minutes
Excellent for Tea
Time Snack



Total Time
15 Minutes

SWEET VANILLA

Fabric Softener

- 1 Re-purposed Laundry Soap Container or Large Mason Jar
- 1 C Organic Hair Conditioner
- 3 C White Distilled Vinegar
- 5 C Hot Water
- 20 D Grapefruit Essential Oil (Or any essential oil you like the smell of)
- 1 Tbsp Organic Vanilla Extract

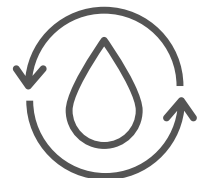
- + In a large bowl whisk together all ingredients.
- + Pour into an up cycled laundry container or large glass jar.
- + Use 1/4 C of softener per load of laundry in fabric softener section of washing machine.



Can use for one time or make a bottle for many uses.



Time To Make
15 Minutes



When To Use:
As Needed

HAIRSPRAY

An Natural

2 C Distilled Water

10 D Ylang Ylang Essential Oil

1 Tbsp Gelatin Crystals

Spray Bottle

+Boil one cup of water. Remove from heat.

+ Add gelatin crystals, stir well and let cool.

+ Drop essential oils into spray bottle. Add 1 cup of water to bottle.

+ Add cooled water to mixture in bottle and shake well.

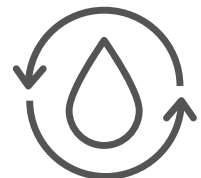
+ Gently shake before each use.



Can use for one time or make a bottle for many uses.



Time To Make
15 Minutes



When To Use:
As Needed