



HOLIDAY RECIPES WITH VITALITY OILS



SelfcareGlobal.com
Recipes by the
Young Living Community

**Recipes collected from YoungLiving.com and
Independent Young Living Distributors**



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Vitality Oils only by Young Living

There are 3 categories of oils to enliven your recipes:

1. Herbal

Using these herbal essential oils is an excellent way to flavor foods and take the vitality of a dish up a notch! Remember to add the essential oil to foods in the end of cooking, so that it will not boil any more. This way oils keep their vibrancy and have health benefits.

Herb Essential Oils: Basil, Oregano, Thyme, Rosemary, Lavender, Lemongrass, Peppermint and Spearmint

2. Spice

These spice oils are quite strong, so it is a good idea to use them sparingly. Only use a drop or two, and remember to taste along the way.

GREAT TIP: Dip a toothpick in the oil bottle and then stir the food with the toothpick. That tiny drop may be all you need to have the wanted spicy taste in your dish!

Spice Vitality Essential Oils: Black Pepper, Cinnamon Bark, Clove, Ginger, Carrot Seed, Celery and Dill

3. Citrus

Citrus oils are invigorating and delicious. Adding zesty drops to guacamole, seafood, dressings or desserts gives foods delicious zing.

Citrus Vitality oils: Orange, Lemon, Lime, Citrus Fresh, Bergamot, Tangerine

Mulled Cider

1 Quart Quality Apple Cider

5-6 Drops Orange Essential Oil

4-5 Drops Clove Essential Oil

3-4 Drops Cinnamon Essential Oil

Pour cider into a pan and place on medium heat until warm. Add essential oils and stir well. Place in crock pot to keep warm; store leftover in the fridge.



Peppermint Hot Chocolate

2 TBSP COCOA POWDER

2 TBSP SUGAR

1 TSP VANILLA

1 CUP RAW MILK

1 DROP YOUNG LIVING PEPPERMINT OIL

WHIPPED CREAM TO TOP

HEAT MILK ON THE STOVETOP. DO NOT BOIL. IN A SMALL BOWL, COMBINE COCOA AND SUGAR AND STIR INTO HOT MILK. ADD VANILLA AND YOUNG LIVING PEPPERMINT OIL. TOP WITH WHIPPED CREAM AND ENJOY!

Pumpkin Spice Latte

Infused with *Thieves* Essential Oil

1 cup raw milk (or non-dairy alternative)
1.5 tablespoon pumpkin puree
1 shot espresso or 4 oz very strong coffee
3/4 teaspoon Young Living blue agave
Young Living Thieves essential oil blend
Whipped cream (optional)

Combine milk, pumpkin, and espresso in a saucepan over the stove. Stir often, until it starts to simmer. Remove from heat, add the agave and let cool for 5-7 minutes. Add 1 drop of Thieves essential oil blend, and stir thoroughly. Pour into a cup, and top with whipped cream (optional).

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Dipping Oil for Italian Bread

In a bowl large enough for dipping,
combine:

1/2 cup extra virgin olive oil
1-3 Tbsp balsamic vinegar
1 drop Taste of Italy essential oil*
1 drop Thyme essential oil
1 drop Rosemary essential oil
1 clove crushed garlic
optional: red pepper flakes

~let sit one hour to blend flavors
~top with 1 Tbsp grated parmesan

Serve with fresh french bread or baguettes

*1 drop basil and 1 drop oregano can be substituted for Taste of Italy oil



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ESSENTIAL OILS
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EssentialOilObsessed.com
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LEMON DILL DIP



1. 1/2 c of Sour Cream
2. 1/2 c. Mayonnaise
3. 2 drops of Dill Essential Oil
4. 2 drops of Lemon Essential Oil
5. 1 toothpick tip of Black Pepper Essential Oil
6. 1/2 a tsp. of actual Dill (for garnish)

For a low Cal option just switch to Light Sour Cream and Light or Fat Free Mayonnaise!



© How to Didi

MARGARITA popcorn

Melt 3 tablespoons virgin coconut oil
in a large pot on medium/medium high heat.

Pop 1/2 cup popcorn kernels in the hot oil.

Pour popped corn into a large bowl.

Melt additional 2-3 tablespoons of
coconut oil in a glass dish. Stir in
8-10 drops of Lime Vitality oil.

Drizzle coconut lime mixture
over bowl of popped
popcorn.

Salt to taste.

Toss or stir until combined.

Oily Families





THIEVES PUMPKIN SEEDS

3 drops Thieves® Vitality™

2 cups raw pumpkin seeds

3 teaspoons cooking oil

1 teaspoon honey

1 teaspoon cinnamon

2 teaspoons salt



Stir ingredients. Roast. Enjoy.

www.babystepstoessentialoils.com

Baby Steps
ESSENTIAL OILS

Young Living CHUNKY GUACAMOLE



ingredients: 1 tomato diced small
2 avocados
1/2 onion diced small
1/2 fresh jalapeno diced
1/2 lemon squeezed
5-6 drops Lime Essential Oil
1/4 tsp salt

directions: Mash up the avocado meat with a fork; add remaining chopped ingredients and lime oil. Adjust salt and pepper to taste. Dig in and enjoy!

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WARM ROSEMARY LEMON CASHEWS



INGREDIENTS

16 OZ. RAW CASHEWS
2 TABLESPOONS EXTRA
VIRGIN OLIVE OIL
3 SPRIGS FRESH ROSEMARY;
LEAVES REMOVED
THE PEEL OF ONE LEMON
(PITH REMOVED)
4 DROPS ROSEMARY
ESSENTIAL OIL
2 DROPS LEMON ESSENTIAL
OIL
¾ TEASPOON COARSE SEA SALT

INSTRUCTIONS

- Preheat the oven to 375°F.
- Place the nuts on a baking sheet and roast for about 8 – 10 minutes until warm and lightly golden.
- While the nuts are roasting, warm the olive oil, fresh rosemary, and lemon zest in a small skillet over medium heat until it begins to sizzle and smell fragrant. Add the roasted cashews and stir to coat completely.
- Remove from heat and stir in the rosemary oil, lemon oil, and salt. Serve warm.

PREP TIME: 15 MINUTES | YIELD: 4-6 SERVINGS



CITRUS

Vinaigrette



INGREDIENTS

- $\frac{1}{2}$ cup olive oil
- 2 cloves garlic, minced
- 1 shallot, minced
- 2-3 drops Lime Vitality essential oil
- 3-4 drops Tangerine Vitality essential oil
- 2-3 drops Lemon Vitality essential oil
- 1-2 tablespoons sweetener, to taste
- Salt and pepper, to taste

CRANBERRY APPLE BRIE

Ingredients:

1 brie (cheese) wheel	2 drops Young Living Orange Essential Oil
1/2 cup dried cranberries	1 drop Young Living Lemon Essential Oil
1 large Granny Smith apple, peeled, cored, and diced	1/2 teaspoon allspice
1/4 cup Young Living Blue Agave or Yacon Syrup	2 tablespoons balsamic vinegar
	1/2 cup slice almonds

Directions:

Preheat oven to 350° F. Remove cheese from package and slice off the top layer. Line a small cookie sheet with parchment paper and place brie wheel on top.

In a small saucepan, combine remaining ingredients and cook until apples are tender. Remove from heat and place mixture over brie cheese. Cover and bake for 15 minutes or until brie is bubbling. Remove from oven and serve with crackers.

HOLIDAY COOKING WITH YOUNG LIVING ESSENTIAL OILS

ORANGE GLAZED HONEY HAM

ingredients:

- 6 POUND HAM W/ BONE
- 1 CUP HONEY
- 1/4 CUP MAPLE SYRUP
- 1/2 CUP ORANGE JUICE
- 2 DROPS CINNAMON VITALITY™
- 2 DROPS CLOVE VITALITY™
- 3 DROPS ORANGE VITALITY™



directions:

1. COMBINE HONEY, MAPLE SYRUP, AND ORANGE JUICE INTO A DOUBLE BOILER. STIR UNTIL COMBINED AND BRING TO A BOIL.
2. REMOVE FROM HEAT AND ADD ESSENTIAL OILS.
3. LINE ROASTING PAN WITH FOIL AND PLACE HAM IN THE CENTER.
4. POUR GLAZE OVER THE TOP OF THE HAM.
5. COOK HAM AS DIRECTED ON THE PACKAGE.
6. FOR THE LAST HOUR OF COOKING, BASTE WITH GLAZE ON THE BOTTOM OF THE PAN. REPEAT UNTIL HAM IS THOROUGHLY COOKED.
7. FOR LAST 15 MINUTES OF COOKING, BROIL UNTIL GOLDEN BROWN.



FROM THE KITCHEN OF:

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HOLIDAY COOKING WITH YOUNG LIVING ESSENTIAL OILS

TURKEY INJECTION SAUCE

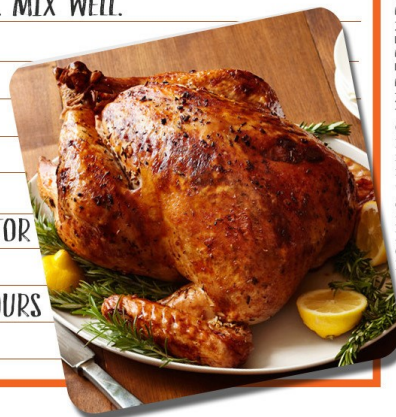
ingredients:

- 4 TABLESPOONS BUTTER
- 1 CUP CHICKEN BROTH
- 2 TEASPOONS GARLIC POWDER
- 2 DROPS OREGANO VITALITY™
- 2 DROPS THYME VITALITY™
- 4 DROPS LEMON VITALITY™
- 2 DROPS BLACK PEPPER VITALITY™
- 1 TEASPOON SALT



directions:

1. MELT BUTTER IN A SMALL SAUCEPAN.
2. ADD REMAINING INGREDIENTS, EXCEPT THE SALT. MIX WELL.
3. ADD SALT UNTIL MIXTURE HAS A SLIGHT, BUT NOT OVERPOWERING SALT FLAVOR.
4. REMOVE MIXTURE FROM HEAT AND ALLOW TO COOL ENOUGH TO WORK WITH AND LOAD INTO MEAT INJECTOR. ABOUT 5-6 MINUTES.
5. USING A HYPODERMIC NEEDLE OR BASTER-INJECTOR INJECT THE BROTH INTO THE TURKEY, CONCENTRATING MAINLY ON THE BREAST 2-3 HOURS BEFORE ROASTING OR FRYING.



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YIELD: ENOUGH FOR 12-14 LBS TURKEY



Baked Tomato and Feta Recipe

Ingredients

- 1 pint cherry tomatoes, halved
- 1 garlic clove, finely minced
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 3 tablespoons extra virgin olive oil
- Sea salt and freshly ground black pepper to taste
- 1 8-10 oz. block feta
- 2 drops **Oregano Vitality™ essential oil**
- 2 drops **Basil Vitality™ essential oil**
- Fresh oregano and basil to garnish
- Toasted pita or other crusty bread

Instructions

1. Preheat oven to 350° F.
2. In a large bowl, mix the tomatoes, garlic, oregano, basil, olive oil, salt, and pepper.
3. Place the block of feta in the middle of a medium, shallow baking dish. Place the tomato mixture on top and around the feta. Bake for 15 minutes or until the feta has softened and the tomatoes are fragrant.
4. Take the baking dish out of the oven and remove 1 tablespoon warm oil from the dish. Add Oregano Vitality and Basil Vitality to the warm olive oil and gently stir to combine. Pour the oil mixture over the warm tomatoes and feta.
5. Garnish with fresh oregano and basil leaves and serve warm with toasted bread.

LEMON BUTTER GREEN BEANS

ingredients:

- 1 PINT GREEN BEANS, STEM ENDS TRIMMED
- 1 TABLESPOON COARSE SALT, PLUS MORE FOR SEASONING
- 2 TABLESPOONS BUTTER
- 2 DROPS LEMON VITALITY™
- FRESHLY GROUND PEPPER



directions:

1. FILL A MEDIUM (3-QUART) SAUCEPAN THREE-QUARTERS FULL OF COLD WATER. SET OVER HIGH HEAT, AND BRING TO A BOIL. ADD SALT AND BEANS. COOK UNTIL WATER RETURNS TO A BOIL AND BEANS ARE TENDER, 4 TO 5 MINUTES. REMOVE FROM HEAT, AND DRAIN.
2. IMMEDIATELY RETURN BEANS TO SAUCEPAN. ADD BUTTER AND LEMON ESSENTIAL OIL. TOSS: SEASON WITH SALT AND PEPPER. TRANSFER TO A SERVING BOWL: SERVE WARM.



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YIELD: 4 SERVINGS

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HOMEMADE CRANBERRY SAUCE

ingredients:

- 1 12 OZ. BAG CRANBERRIES
- 1 CUP CRANBERRY JUICE
- 1 CUP PURE MAPLE SYRUP
- 2 DROPS ORANGE VITALITY™
- 2 DROPS LIME VITALITY™
- 1 DROP LEMON VITALITY™



directions:

1. WASH BAG OF CRANBERRIES UNDER COOL WATER, THEN DUMP INTO A MEDIUM SAUCEPAN.
2. POUR IN 1 CUP OF CRANBERRY JUICE.
3. POUR IN 1 CUP MAPLE SYRUP.
4. STIR TOGETHER AND TURN HEAT ON HIGH UNTIL IT REACHES A BOIL.
5. 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.
6. STIR IN ESSENTIAL OILS. SERVE CHILLED.



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YIELD: 4 SERVINGS

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Butternut Squash Soup

EASY | SERVES 4

INGREDIENTS

2 TBSP Olive Oil
2 Onions, chopped
2 Cloves Garlic, chopped
2 lbs Butternut Squash, cubed
3 cups Vegetable Broth
1 cup of Heavy Whipping Cream
1 TBSP Brown Sugar
2 drops Clove Vitality™
1 drop Cinnamon Bark Vitality™
Salt & Pepper

DIRECTIONS

In soup pan, sauté onions, garlic, salt, and pepper in olive oil over medium heat until tender. Add cubed squash and cook for 3-5 minutes. Next, add vegetable broth, whipping cream and brown sugar and bring to a boil. Boil on medium-high heat for 25 minutes or until squash is fork tender. Remove from heat. Using a hand mixer, puree until smooth. Stir in the essential oils. Allow oils to infuse into soup for 5-8 minutes and then serve.



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*** For Vegans, replace whipping cream with coconut cream.

Replace sugar with Maple Syrup.

ULTIMATE GRAVY

ingredients:

- 1/2 CUP BUTTER
- 1/2 CUP EINKORN FLOUR
- 4 CUPS CHICKEN STOCK
- 1/2 TEASPOON GARLIC POWDER
- 3/4 TEASPOON KOSHER SALT
- 2 DROPS SAGE VITALITY™
- 1 DROP THYME VITALITY™
- 1 DROP BLACK PEPPER VITALITY™



directions:

1. MELT BUTTER IN A DUTCH OVEN OVER MEDIUM HEAT.
2. WHISK IN FLOUR, AND COOK, WHISKING CONSTANTLY, 3 TO 4 MINUTES OR UNTIL MIXTURE IS LIGHT BROWN AND SMOOTH.
3. SLOWLY WHISK IN 4 CUPS STOCK. INCREASE HEAT TO HIGH; BRING TO A BOIL, WHISKING OCCASIONALLY. STIR IN SALT AND GARLIC POWDER.
4. SIMMER, STIRRING OCCASIONALLY, 10 TO 15 MINUTES OR UNTIL DESIRED THICKNESS.
5. STIR IN ESSENTIAL OILS. SERVE WARM.

YIELD: 12-16 SERVINGS



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ROSEMARY GARLIC MASHED POTATOES

ingredients:

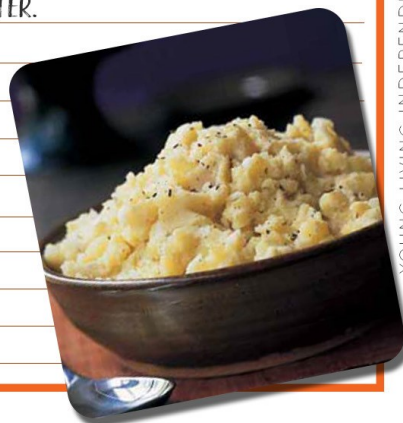
- 5 LBS YUKON GOLD POTATOES, PEEL & DICED
- 1 1/2 TEASPOONS SALT
- 1 TEASPOON OF GARLIC POWDER
- 3/4 CUP HEAVY CREAM
- 6 TABLESPOONS BUTTER
- 3 TABLESPOONS MILK
- 2-3 DROPS ROSEMARY VITALITY™
- 1 DROP BLACK PEPPER VITALITY™



directions:

1. PEEL, DICE, AND BOIL POTATOES FOR 20-25 MINUTES OR UNTIL SOFT.
2. DRAIN POTATOES AND PLACE IN BOWL WITH BUTTER.
3. ALLOW BUTTER TO MELT THEN ADD CREAM.
4. MASH POTATOES THOROUGHLY UNTIL DESIRED CONSISTENCY, ADDING MILK AS NEEDED.
5. STIR IN ESSENTIAL OILS, GARLIC, AND SALT TO TASTED.
6. PLACE IN SERVING BOWL AND KEEP WARM.

YIELD: 12 SERVINGS



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SWEET POTATO CASSEROLE

ingredients:

- 4 COOKED SWEET POTATOES
- 2 EGGS, BEATEN
- 1/4 CUP MILK
- 1/3 CUP MAPLE SYRUP
- 1 TEASPOON VANILLA
- 1/2 CUP BUTTER
- 3 DROPS LEMON VITALITY™
- 2 DROPS CINNAMON VITALITY™
- TOPPING:**
- 1 CUP PACKED BROWN SUGAR
- 1/3 CUP FLOUR
- 1 CUP CHOPPED PECANS
- 1/3 CUP MELTED BUTTER
- 3 DROPS CINNAMON VITALITY™



directions:

1. COOK, PEEL, AND MASH SWEET POTATOES.
2. MIX FIRST 6 INGREDIENTS AND STIR IN LEMON & CINNAMON OILS.
3. PLACE FILLING IN 9X13 BAKING DISH.
4. FOR TOPPING, MIX BROWN SUGAR, FLOUR, CHOPPED PECANS AND CINNAMON OIL.
5. SPREAD TOPPING OVER SWEET POTATO MIXTURE.
6. DRIZZLE MELTED BUTTER OVER TOPPING.
7. BAKE AT 350 DEGREES FOR 30 MINUTES OR UNTIL BROWN AND BUBBLING.



FROM THE KITCHEN OF:

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SOUTHERN CORNBREAD DRESSING

ingredients:

- 1 13X9" PAN OF BAKED CORNBREAD, CRUMBLED
- 1/2 CUP BUTTER
- 4 LARGE EGGS, DIVIDED
- 3 CUPS SOFT BREADCRUMBS
- 2 MEDIUM ONIONS, DICED
- 3 CUPS DICED CELERY
- 6 (10 1/2 OUNCE) CANS CONDENSED CHICKEN BROTH
- 1/2 CUP DICED HAM, TURKEY, AND BOILED EGG WHITES
- 3 DROPS SAGE VITALITY™
- 2 DROPS THYME VITALITY™
- 2 DROPS BLACK PEPPER VITALITY™



directions:

1. CRUMBLE CORNBREAD INTO A LARGE BOWL; STIR IN BREADCRUMBS, AND SET ASIDE.
2. MELT BUTTER IN A LARGE SKILLET OVER MEDIUM HEAT; ADD ONIONS AND CELERY, AND SAUTE UNTIL TENDER.
3. ADD SAUTEED VEGETABLES & REMAINING INGREDIENTS INTO CORNBREAD MIXTURE & STIR.
4. POUR EVENLY INTO 1 LIGHTLY GREASED 13X9" BAKING DISH AND 1-9" SQUARE BAKING DISH.
5. COVER AND CHILL 8 HOURS.
6. BAKE, UNCOVERED, AT 375° FOR 35 TO 40 MINUTES OR UNTIL GOLDEN BROWN.



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PUMPKIN BREAD

INGREDIENTS

2 cups coconut sugar
1 cup raw honey
1 cup sunflower oil
4 eggs
4 cups almond flour
2 tsps baking soda
1 ½ tsps sea salt
15 oz organic pumpkin puree
6 drops Nutmeg Vitality
2 drops Cinnamon Bark Vitality
1-2 drops Orange Vitality
1 drop Clove Vitality



INSTRUCTIONS

1. Beat sugar, honey, oil, & eggs
2. Beat in flour (1 cup at a time), baking soda, salt
3. Add pumpkin with spoon
4. Add Vitality essentials oils then stir again to mix well
5. Bake in 3 greased loaf pans at 350 degrees for 1 hour, or until toothpick inserted comes out clean
6. Let stand in pans for 10-15 mins then remove and transfer to wire racks to cool
7. Cool loaves completely before consuming or wrapping & storing

*Note: loaves freeze well



Vegan Pumpkin Muffins

These lightly sweetened, butter-free muffins evoke the scents and tastes of the holidays. With fewer carbs and calories than regular sugar, the concentrated fruit-juice reduction also adds moistness; look for all-natural options, such as Wax Orchards' Fruit Sweet.

Yields 16 servings
(145 calories per serving)

1 cup all-purpose flour
1 cup whole-wheat pastry flour
1 tsp baking soda
½ tsp salt
½ tsp ground nutmeg, one drop nutmeg vitality oil
1 tsp ground cinnamon, one drop cinnamon vitality oil
½ tsp ground ginger
½ tsp ground allspice
1 cup pumpkin purée
2/3 cup fruit-juice reduction (or light agave nectar)
½ cup canola oil
¼ cup coconut milk
½ cup unsweetened coconut, shredded
1 cup walnuts, chopped and toasted
¾ cup dried cranberries

Preheat oven to 350° F. Line a 12-cup muffin tin with baking cups.

Sift together flours, baking soda, salt, nutmeg, cinnamon, ginger and allspice in a bowl. In a separate bowl, mix together pumpkin purée, fruit-juice reduction or agave, oil and coconut milk. Stir wet mixture into dry until just incorporated (do not overmix). Fold in coconut, walnuts and dried cranberries.

Divide batter evenly among muffin tins. Bake for 20 to 25 minutes or until an inserted toothpick comes out clean.

Cranberry Orange Energy Balls

Ingredients:

1/2 C Dried Cranberries
2 Tsp Coconut Oil - melted
3 Drops Orange Essential Oil
1/3 C Slivered Almonds
1 1/2 C Dates - roughly chopped
1/4 C Vanilla Spice Pure Protein Powder

Instructions:

Place chopped dates and cranberries into food processor and pulse until crumbly. Add in 1/4 c protein powder, almonds and orange oil. Process until combined. Slowly add in coconut oil and process until you have a sticky ball. Roll into 1 Tbsp sized balls, then roll in extra protein powder.

Store in Refrigerator



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Ingredients

- 1 15-ounce can low-sodium black beans
- 1/3 cup coconut oil
- 1/4 cup unsweetened cocoa powder
- 1/8 teaspoon salt
- 2 teaspoons vanilla extract
- 1/2 cup honey
- 3 eggs
- 2 drops **Peppermint Vitality essential oil**

Instructions

1. Preheat oven to 350°F.
2. Rinse and drain black beans.
3. Melt coconut oil on stove until clear.
4. Blend all ingredients except eggs in food processor until smooth.
5. In a separate bowl, lightly whisk eggs until well beaten.
6. Fold into chocolate mixture.
7. Pour mixture into a greased 8x8 pan and bake 25–30 minutes.
8. Let cool 15 minutes then cut.
9. Let cool another 15 minutes and serve.

HOLIDAY COOKING WITH YOUNG LIVING ESSENTIAL OILS

PUMPKIN PIE

YIELD: 8 SERVINGS

ingredients:

- 1 PREPARED 9" PIE CRUST
- 1 CUP SUGAR
- 1/4 TEASPOON SALT
- 1 1/2 CUPS CANNED PUMPKIN
- 2 DROPS CINNAMON VITALITY™
- 1 DROP NUTMEG VITALITY™
- 1 DROP CLOVE VITALITY™
- 1 DROP GINGER VITALITY™
- 3 EGGS, SEPARATED
- 1 CUP SOUR CREAM



directions:

1. COMBINE SUGAR, SALT, PUMPKIN AND ESSENTIAL OILS.
2. SEPARATE EGGS, RESERVING WHITES. BEAT EGG YOLKS WELL.
3. STIR EGG YOLKS INTO PUMPKIN MIXTURE.
4. ADD SOUR CREAM AND MIX.
5. BEAT EGG WHITES UNTIL SOFT PEAKS FORM; FOLD INTO PUMPKIN MIXTURE.
6. POUR INTO UNBAKED PIE CRUST.
7. BAKE 10 MINUTES AT 450°, THEN LOWER OVEN TEMPERATURE TO 350°. BAKE 1 1/2 HOURS LONGER. COOL BEFORE SERVING. SERVE WITH WHIPPED CREAM IF DESIRED.



FROM THE KITCHEN OF:

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Fall Diffuser Blends

Mulled Cider

4 drops Orange
2 drops Nutmeg
1 drop Cinnamon Bark
1 drop Clove

Thanksgiving

4 drops Christmas Spirit
3 drops Clove
3 drops Lemon

Fall Leaves

6 drops Orange
1 drop Patchouli
1 drop Ginger

Snickerdoodle

5 drops Orange
2 drops Cinnamon
1 drop Clove

Pumpkin Pie

2 drops Cardamom
2 drops Cinnamon
3 drops Nutmeg
2 drops Ginger

Autumn Spice

4 drops orange
3 drops Ginger
3 drops Cinnamon

Spiced Cider

4 drops Orange
3 drops Cinnamon
3 drops Ginger

Orange Spice

2 drops
Cardamom
4 drops Orange

Sweater Weather

5 drops Orange
4 drops Thieves
1 drop Ginger

