

Energy Bites

1 cup oats, 1/3 c honey
1 tsp. Cocoa powder
1/2 cup ground flax seed
1/2 cup creamy peanut butter
1 drop cinnamon essential oil

Combine all ingredients then refrigerate for 30 minutes.
Roll into balls and enjoy!

3-Step Snack Muffins

1: Combine 2 cups whole wheat flour with 2/3 cup sugar, 1/2 tsp baking soda and 1 tsp cinnamon.
2: In a blender, mix 1/4 cup vegetable oil, 3/4 cup milk with 6 cups fresh greens (such as spinach or kale). Add 10 drops cinnamon or cassia, 3 drops ginger and 3 drops clove essential oils. Blend 1 ripe banana and 1 tsp vanilla.
3: Fold liquid into dry ingredients. Fill 16 muffin tins 2/3 full. Bake 350 degrees for 18 minutes.

Pumpkin Chocolate Chip Cookies

1 can drained, blended white beans
1 1/4 cup sugar
2 beaten eggs
2 tsp. Vanilla
5 drops each cinnamon and ginger e.o.

4 cups whole wheat flour
1 1/2 tsp. Baking soda
1 1/2 tsp. Baking powder
2/3 c mini chocolate chips
1 cup chopped walnuts

Preheat oven to 375 F. Grease baking sheets. Cream beans, sugar and eggs. Stir in pumpkin, vanilla, and essential oils (e.o.). Combine dry ingredients then stir into pumpkin mixture. Bake 12-15 min or until edges begin to brown.

Hummus

Puree a drained can of chickpeas with 1 Tble olive oil, 1 Tble Tahini, 1 clove of garlic, and 1 drop lemon essential oil. Add up to 1/4 cup water to the texture of your choice. Opt. blend carrots or spinach to boost nutrients and add natural color. Serve with pita bread or veggie tray.

Sweet Carrot Salad

Shred 3-4 carrots, dice 2 apples and combine with 1/2 cup vanilla yogurt and 3 drops Wild Orange essential oil. Top with raisins for a sweet treat!

Strawberry Soup

Blend 1 pint hulled and chopped strawberries with 1 cup vanilla yogurt and 2 drops Tangerine essential oil. Divide among 4 bowls and enjoy!