

A photograph of a snow-covered Christmas tree in a winter forest. The tree is decorated with colorful lights (red, yellow, green, blue) and ornaments. The background shows snow-covered trees and a blue-tinted sky.

From my home to yours this holiday season,
May your days be merry + bright
Here are a few *essential* ideas to get you in the
holiday spirit.

love Elizabeth

CINNAMON ALMONDS

1 cup almonds / Pecans
1 tsp pure maple syrup
3 drops Cinnamon Bark EO

Add oil to syrup, mix all together on a baking tray.
Bake for 20 minutes on 160 degrees.
Allow to cool.
Store in a glass sealed jar to keep crunchy and fresh.

SANTA'S BOOZY TRUFFLES

1 cup raw cashews
1/3 cup raw cacao nibs or raw cocoa powder
6 drops wild orange essential oil (you could also use peppermint 3 drops as it is quite strong)
1 teaspoon vanilla bean paste
1 T rum or your choice of liquor (eg, Grand Marnier)
1 tablespoon chia seeds for added protein and omega-3s
1/4 cup maple syrup or raw honey

Blend all ingredients in a food processor or blender until crumbly dough starts to form (about 5 min).
Taste for oil potency and add more if needed.
Scoop a teaspoon and form a small ball with your hands.
Roll in Shredded coconut.
Refrigerate the truffles for a few minutes to allow them to harden.
Store in the fridge if not consuming right away.

BAKING with Oils...

CHRISTMAS CAKE WITH ESSENTIAL OILS

Adapted from the Healthy Chef – Teresa Cutter

600 g mixed dried fruit or a mix of the following (raisins, apricot, sultanas)
2 drops Cassia
1 teaspoon vanilla bean extract or paste
1/4 teaspoon nutmeg zest juice from 1 orange
4 drops Wild Orange Essential Oil
3 tablespoons extra virgin olive oil
3 organic eggs
200 g (2 cups) ground almonds
50 g walnuts



Preheat your oven to 150 C / 300 F, fan forced.
Prepare a 20 cm round cake tin with baking paper lining the sides and the base.
Combine dried fruit, spice, vanilla, orange zest + juice, olive oil and eggs.
Add the almonds and walnuts and mix through.
Spoon Christmas Cake batter into your baking tin.
Bake for 1 hour and 30 minutes. Check with a skewer to see if it comes out clean, if not bake for another 30 minutes. Cover the top if necessary to prevent over-browning.

Cool, then remove from the tin and store in an airtight container in the fridge for up to 1 month.

If you wish to soak your Christmas cake in orange liqueur, as soon as you remove the cake from the oven, skewer holes through the cake and drizzle over 1/4 cup orange liqueur so it can penetrate through the holes and infuse into the cake.

These ornaments... can be given as a wrapping accessory on a present and can then easily be transformed into an ornament for your friends and family to enjoy for many years to come. You can even add essential oils to the ornaments to add some aromatherapy elements.

(Your friends and family will love and adore this homemade gift.)

INGREDIENTS:

4 cups all-purpose flour
1 cup salt
1.5 cups warm water
Drinking straw or toothpick
Cookie cutters
String
Your favorite doTERRA essential oils



DIRECTIONS:

Preheat the oven to 325 degrees Fahrenheit.
Pour flour, salt, and warm water into large bowl.
Using your hands, knead until all ingredients are well-incorporated and dough is smooth.
If mixture is too dry, add 1 tablespoon of water at a time until dough comes together.
Roll out dough on floured surface until 1/4 inch thick.
Using cookie cutters, cut out desired shapes and place on cookie sheet lined with parchment paper.
Using a drinking straw or toothpick, make a hole in top of ornament for threading string.
Place in oven until hard, approximately 1 hour.
Once hard, remove from oven and cool.
Decorate with paint, string, or glitter. Add essential oils by placing one drop on each ornament and allow it to soak in.

NOTE: Baking the ornament will turn the dough slightly brown and may "puff" up some of the ornaments. If you prefer, you can also air dry the ornaments for 2-3 days to help the ornaments remain white and flat.

Gifts & Treats



SOLID PERFUME

2 tablespoons beeswax
2 tablespoons Fractionated Coconut Oil
20 drops of your favorite essential oil or blend
(I like Hope, Balance or Whisper)
A Metal Container or Locket

Add beeswax and Fractionated Coconut Oil to glass jar and place in saucepan with 1-1.5 inches of boiling water.
Stir until combined (around 5-10 minutes).
Once melted, remove from heat and let it slightly cool for 3 minutes.
Add essential oil and stir.
Pour into containers.
To use, apply small amount to skin.

Note: If you want it softer add more coconut oil.

MEN'S COLOGNE

Get rid of the nasty toxic fragrances and deodorant that is harmful to both the environment and his/ your health and make this cologne that he will love!

Personalise it by choosing your own combination.
Here is one I really love...

In a 10ml roller, fill with fractionated coconut oil and combine the following.
15 drops Bergamot
15 Lime
7 Frank
7 Sandalwood



BEAUTIFUL BATH SALTS

1 cup Epsom Salts
2 drops of Frankincense
2 drops of Lavender
2 drops of Clary Sage
1 tbs dried flowers

Rule of thumb: 1 cup of Epsom Salts to every 6 drops of essential oils.
Mix all ingredients together and store in a sealed glass jar.
Place a ¼ cup into a running bath.

Try this fun candy cane scrub made with Peppermint essential oil! This scrub takes only a few ingredients and can easily be customized with your favorite colors and essential oils.

INGREDIENTS:

3/4 cup white sugar
1/2 cup Fractionated Coconut Oil
12 drops Peppermint essential oil
Skin safe food coloring

TIP: In place of white sugar, you could use sea salt. In place of Fractionated Coconut oil you could use almond oil, grapeseed oil or olive oil.

DIRECTIONS:

Combine sugar and Fractionated Coconut Oil in bowl.
Divide mixture equally into two bowls.
In one bowl, add red skin safe food coloring.
Layer red and white scrub to create a 'candy cane' effect.



Sugar is a natural humectant, meaning it draws moisture from the environment into the skin. So when you apply products with sugar or sugar derivatives, they'll actually help hydrate your skin and keep moisture within.