



6 Favorite Recipes Using Young Living Essential Oils

By Diane Bryson, CCA



I use Young Living essential oils in my daily life, from personal care to food recipes. I hope you will enjoy these recipes as much as I do!

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Lime Cheesecake (no bake)

Crust:

2/3 cup raw almonds
1/4 cup shredded coconut
pinch Himalayan Sea Salt
4 dates, pitted
2 teaspoon melted coconut oil
1 T Raw, Local Honey

1. Process almonds into crumb, add coconut and salt. process until flour-like.
2. Add dates and coconut oil then add honey until crust starts to come together. You don't want it to completely come together in the processor or else it will be too sticky and too sweet

Filling:

2 medium/large avocados
6 T Raw, Local Honey
10 drops Young Living Lime Oil
1 teaspoon pure vanilla
pinch Himalayan Sea Salt
1/3 C melted coconut oil

1. Blend everything together until creamy and smooth.
2. Pour over crust. Freeze for a few hours (if you can wait that long).

Flavored Chocolate Bark

1 10 oz. bag dark chocolate chips
6 oz semi-sweet chocolate chips
15-18 drops of Young Living Orange essential oil OR
12-15 drops of Young Living Peppermint essential oil

Mix the chocolate chips in a microwave-safe bowl. Microwave for about 30 seconds, remove and stir; repeat for 30 seconds. If all the chips are not melted, heat for another 10 seconds, being careful to not overheat the chocolate (microwave times will vary).

Add in either the orange or peppermint oil and stir. Spread onto a cookie sheet covered with aluminum foil and place in the fridge for about 5 minutes to cool. Cut with a sharp knife or break into pieces and enjoy!

Natural Deodorant

¼ c Baking Soda

¼ c Cornstarch

3 Tbsp coconut oil

10-15 drops Young Living (YL) essential oil (I like lavender or Christmas Spirit!)

Melt coconut oil over low heat. Add to baking soda and cornstarch, and mix thoroughly. Allow to cool slightly and add YL essential oil. Pour into a deodorant container and put in the fridge for a short time to harden.

You can substitute beeswax and/or cocoa butter for part of the coconut oil – just keep the total to 3 Tbsp. You can use one essential oil or several, keeping the total number of drops to 10-15.

Apply sparingly – a little goes a long way.

Natural Laundry soap

Each batch yields approximately 32 ounces (*between 32-64 loads based on how many Tbsp used per load*).

1 bar (or 4.5 ounces) of shaved bar soap (Ivory, ZOTE, Fels-Naptha)
1 cup of borax
1 cup of washing soda
10-20 drops of Young Living essential oils (tea tree, Thieves, lemon, pine)

Thoroughly stir together for 5 minutes and enjoy the results! That's it folks...seems too good to be true, but it is true indeed!

Use 1 Tbsp per load (or 2 Tbsp for heavily soiled loads).

Shower Disk Recipe

3 C baking soda
1 C water
3 Tbsp cornstarch

In a bowl, mix the ingredients to a thick paste. Stir in the essential oils and spoon into a silicone mold or cupcake liner. Let dry for 12 hours. Put on the floor of your shower and enjoy the scent as you shower.

Morning Mix – add 20 drops Young Living peppermint, 20 drops rosemary, and 15 drops lemongrass

Evening Relaxation – add 20 drops Young Living lavender, 20 drops Roman chamomile, and 15 drops cedarwood

Relaxing Room Spray

20 drops Young Living lavender essential oil
20 drops Young Living Roman chamomile oil
20 drops Young Living marjoram oil

Add the essential oils to a 4-ounce spray bottle. Add water, shake to mix and lightly spray your pillow or room for relaxation.