

Certified-Pure Therapeutic-Grade Essential Oil Recipes

Cinnamon English Toffee	Fudge Truffles	Pumpkin Cookies
<p>1 c. chopped almonds 1 c. grade AA butter 1 c. sugar 5 Tbsp. water 1 tsp. vanilla 1 drop doTerra cinnamon essential oil Chocolate chips</p> <p>Place chopped almonds in a even layer in the center of a cookie sheet, placed on hot pads. Put butter, sugar, and water in large skillet. Stir constantly on high for 10 minutes or until color turns caramel. Remove from heat. Add vanilla and essential oil. Stir well and pour over almonds. Sprinkle desired amount of chocolate chips over hot toffee and allow to melt and then spread evenly. Cool completely and then break into pieces.</p>	<p>1 ½ c. coconut oil 1 c. agave nectar 1 c. cocoa powder ½ tsp. sea salt 1 tsp. vanilla extract 1-2 drops of doTerra essential oil (peppermint, cinnamon, or orange)</p> <p>Liquefy coconut oil by placing jar in hot water. Put all ingredients in blender. Pour into container to set up and cool. Roll small spoonfuls into little balls, and then roll in cocoa powder, coconut, or crushed nuts.</p>	<p>1 c. canned pumpkin ½ cup brown sugar or alternative ½ cup applesauce 3 cups oats 1 tsp. baking soda</p> <p>Optional to taste: 1-2 drops of each doTerra essential oil (clove, ginger, cassia, orange, lemon) Chocolate chips Shredded coconut Nutmeg</p> <p>Mix oats and baking soda. Separately mix pumpkin, brown sugar, and applesauce. Combine together and add in optional ingredients. Drop spoonfuls onto prepared cookie sheet and bake at 350 for 13-15 minutes.</p>

Included in this package are samples of doTerra Certified-Pure Therapeutic-Grade (CPTG) essential oils. These oils are pure enough to ingest and add delicious flavor (and health benefits) to food and drink. If you decide to cook with essential oils, please make sure you are using CPTG oils.

ESSENTIAL OILS ARE NOT ALL OF EQUAL QUALITY and most other brands are NOT intended for eating and drinking. For more information on cooking with essential oils, please contact

Kristin@MountainsideWellness.com or visit MountainsideWellness.com