

EXPLORING

Green Mandarin

RECIPES & ESSENTIAL OIL BLENDS



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Summer Smoothie

INGREDIENTS:

- 2-3 pieces pineapple
- 1 ruby red grapefruit
- 1 banana
- 1 cup paw paw
- 1 tsp camu camu
- 2 drops Green Mandarin essential oil
- 1 drop Pink Pepper essential oil
- 1 drop Grapefruit essential oil
- 1 drop Lemon essential oil

Add coconut water or coconut milk.

Note: the flesh of a young coconut is delightful here.

METHOD:

Blend all ingredients together until smooth.
Pour into your favourite glass and enjoy!



Winter Smoothie

INGREDIENTS:

- 1 banana
- 1 pear
- 1 tbsp of your favourite greens mix or doTERRA TerraGreens
- 1 tbsp of your favourite plant-based protein powder
- 1/4 litre almond milk
- 1 cup coconut milk
- 1 tsp vanilla powder or scrape down one bean
- + essential oils - choose combo below

Essential oil combinations:

- 2 drops Green Mandarin essential oil
- 2 drops Protective Blend essential oil

- 1 drop Cinnamon Bark essential oil
- 1 drop Black Pepper essential oil

- 1 drop Ginger essential oil
- 1 drop Cassia essential oil

METHOD:

Blend all ingredients together until smooth.
Pour into your favourite glass and enjoy!



Quench your Thirst

Flavour water and your favourite drinks with Green Mandarin to support your metabolism and bring extra deliciousness and joy to your favourite beverages. Consider adding 1-2 drops in water; still, sparkling or tonic water. Make sure you use either a glass or stainless steel container. Try 2-3 drops of Green Mandarin in your morning smoothie.



Water combinations:

1 drop Green Mandarin essential oil
1 drops Pink Pepper essential oil

1 drop Green Mandarin essential oil
1 drop Wild Orange essential oil

1 drop Green Mandarin essential oil
1 drop Spearmint essential oil

Citrus Hummus

INGREDIENTS:

2 small cloves garlic
1 cup cooked or tinned chickpeas
1 tbsp tahini
3 tbsp coconut cream
Salt to taste
1 tbsp hemp oil
½ orange, juiced
3 drops Green Mandarin essential oil
1 drop Black Pepper essential oil
10 drops Lemon essential oil
Optional: add greens



METHOD:

Combine all ingredients together in a food processor or Thermomix and puree together until desired consistency is achieved.

Pour hummus into a bowl and drizzle additional oil on top.

Garnish with additional herbs and seeds as desired.

Diffuser

- 2 Green Mandarin
- 2 Lavender
- 1 Frankincense
- 1 Blue Tansy
(optional)

Aromatic Dressing

- In 10ml of FCO:
- 2 Green Mandarin
 - 1 Lavender
 - 2 Frankincense
 - 1 Blue Tansy

Layer with Magnolia Touch around the eyes, on the wrists and over the heart.

Affirmation

"I nourish my skin & so nourish myself. I have radiant skin. I am comfortable in my skin."

Diffuser

- 4 Green Mandarin
- 2 Arborvitae
- 3 H. Sandalwood
- 3 Siberian Fir

Aromatic Dressing

- In 10ml of FCO:
- 2 Green Mandarin
 - 1 Arborvitae
 - 3 H. Sandalwood
 - 1 Siberian Fir

Affirmation

"I am supported by spirit in all facets of my life. I listen to the whisperings of my heart and guidance of Spirit. I listen. I follow. I live in joy and thus my vibration is magnified."

Diffuser

- 3 Green Mandarin
- 3 Bergamot
- 2 Frankincense
- 1 Vetiver

Aromatic Dressing

- In 10ml of FCO:
- 2 Green Mandarin
 - 2 Bergamot
 - 2 Frankincense
 - 1 Vetiver

Layer with Rose and Neroli Touch over the heart, chest and on the forearms.

Affirmation

"I release all tension, worries and anxious feelings. I feel calm, bold and brave."

Diffuser

- 2 Green Mandarin
- 2 Marjoram
- 2 Vetiver
- 2 Cedarwood

Aromatic Dressing

- In 10ml of FCO:
- 2 Green Mandarin
 - 2 Marjoram
 - 1 Vetiver
 - 1 Cedarwood

Layer with Magnolia Touch over wrists, palms (inhale), behind the ears and neck and over the heart.

Affirmation

"I sleep deeply, soundly, sweetly. My dreams are sweet. I regenerate in sleep."

Diffuser

- 3 Green Mandarin
- 2 Ylang Ylang
- 2 Juniper Berry
- 2 Marjoram

Aromatic Dressing

- In 10ml of FCO:
- 2 Green Mandarin
 - 2 Ylang Ylang
 - 1 Juniper Berry
 - 2 Marjoram

Layer with Encouraging Blend Touch & Uplifting Blend Touch over wrists & throat and behind the neck and ears.

Affirmation

"I am energised, joyous, and open to miracles."

Diffuser

- 3 Green Mandarin
- 2 Ylang Ylang
- 1 Geranium
- 1 Cedarwood

Aromatic Dressing

- In 10ml of FCO:
- 3 Green Mandarin
 - 2 Ylang Ylang
 - 1 Geranium
 - 1 Cedarwood

Affirmation

"I release anger & self-loathing, I embrace joy and allow myself to connect in heart with my community. I am safe. I am loved. I am at peace."

Diffuser

4 Green Mandarin
2 Pink Pepper
3 Grapefruit
2 Lemon

Aromatic Dressing

In 10ml of FCO:
2 Green Mandarin
2 Pink Pepper
2 Grapefruit
1 Lemon

Layer with Magnolia Touch over wrists, palms (inhale), behind the ears and neck and over the heart.

Affirmation

"I love and accept my body. I release the excess weight of thought, words and emotions that don't serve me. I blossom into 'me'."

For more recipes & blends visit:

www.foodalchemy.com.au

For more information:

www.paulandvanessajeane.com