

A close-up photograph of a glass filled with a thick, pink smoothie. The smoothie has a frothy top layer and is garnished with several fresh raspberries. The background is softly blurred, showing a plate of fruit and a green container. A pink triangular graphic element is in the bottom-left corner, containing the text.

SMOOTHIES &
SNACKS WITH
BENEFITS



Snacks sneak their way into your diet. Sneaky snacks!

When I was a kid, my favorite snacks were Twinkies and Ho-Hos. Good grief...what's in those things anyway?

Now, I know better. I still have a sweet tooth! But, I love foods that give me radiant skin, sustained energy and won't give me any food guilt.

I love my healthy snacks. Here are few of my favorites.

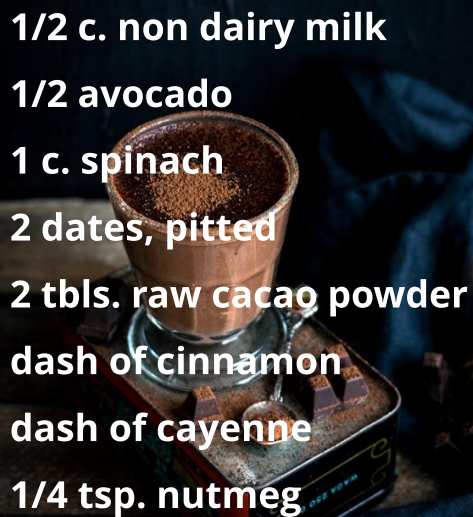
Lots of love, Wendy

What's so great about smoothies?

- bursting with vitamins, enzymes & minerals
- easily absorbed
- stabilizes blood sugar
- healthy combos of fruits & veggies
- cleanses toxicity
- adds more fiber

SPICY CACAO

1/2 c. non dairy milk
1/2 avocado
1 c. spinach
2 dates, pitted
2 tbs. raw cacao powder
dash of cinnamon
dash of cayenne
1/4 tsp. nutmeg



THE CLEANSE

1 1/2 c. non dairy milk
1 c. mixed greens
2 kale leaves
1/2 avocado
1 orange
1 tsp. ground flax
dash of cayenne





Power BITES

- | | |
|-----------------------------------|--------------------------------------|
| 1/4 c. unsweetened coconut flakes | 2 Tbsp. pure maple syrup |
| 1 c. dates, pitted | 2 Tbsp. unsweetened shredded coconut |
| 1 c. raw almonds | 2 Tbsp. unsweetened almond milk |
| 1/4 cacao powder | 30 drops Wild Orange essential oil |
| 2 Tbsp. almond butter | |
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1. Brown coconut flakes in a skillet over med. heat for 2 minutes. Transfer to a bowl.
2. In a small bowl, combine almond milk and Wild Orange essential oil.
3. In a food processor, combine dates, almonds, cacao, almond butter, and shredded coconut. Process on high for 1 minute. Slowly pour in almond milk/essential oil thru the top opening as you continue to process at a slow speed or pulse until a sticky mass forms.
4. Crush the coconut flakes into small pieces and spread on a plate.
5. Using a tablespoon, scoop the mixture and, with clean slightly wet hands, shape the mixture into a ball. Roll in toasted coconut. Refrigerate or freeze.



MEXICAN TRAIL MIX

1/2 c. dried mango

1 c. sunflower seeds

1 c. pumpkin seeds

1/2 c. raisins

1/2 c. unsweetened coconut flakes

1 tsp. chili powder

pinch of salt

juice of 1 lime

2 drops Lime Oil

Preheat oven to 350 degrees F.

Combine all ingredients in a large mixing bowl. Layer onto a baking sheet. Bake for about 5 minutes and toss. Bake for another 3 to 5 minutes. Then let cool on the counter before storing in an airtight container.



TERESA'S YOGURT DIP

Non dairy yogurt

2 drops Wild Orange essential oil

2 drops Lime essential oil

Mix essential oils into yogurt.

Adjust to suite your taste!



CATHY'S POPCORN

4 cups of popped Popcorn

1/4 c. olive oil

2 drops Lime

1 drop Cilantro

Mix essential oils with olive oil
and stir into popcorn.



ALL DOLLED UP SPRITZER

Pellegrino on ice

2 drops Grapefruit

1 drop Wild Orange

1 drop Lemon

Garnish with rosemary and
lemon slice.



PICKLE PICKER PARTY



Host your own Pickle Picker Party!

- buy some gorgeous veggies
- make the brine
- collect jars with lids
- pull out your fav essential oils
- invite your friends

Ingredients;

3 tbs. kosher salt

2 tbs. sugar or Stevia to taste

1 1/4 c. white vinegar

2 c. water

1/4 tsp. black peppercorns

1 crushed garlic clove

dash red pepper flakes

doTERRA essential oils; Wild Orange, Rosemary, Black Pepper, Lemon and Ginger

1. Make the brine. In a pitcher combine 1 1/4 c. vinegar, 2 c. water, 2 tbs. sugar & 3 tbs. salt. Mix until dissolved.
2. Prepare your veggies. Give them a bath and trim to fit your jars. Set aside.
3. In your jar, place 1/4 tsp. black peppercorns, 1 crushed garlic clove, and a dash of red pepper flakes.
4. Add whatever essential oils you want. I love LOVE 1 drop of Ginger and 10 drops of Wild Orange in a 1 quart jar. Other suggestions; 2 drops Lemon and 2 drops Black Pepper or 2 drops Black Pepper and 1 drop of Rosemary.
5. Place your veggies in the jar and fill with brine. Secure the lid. Refrigerate overnight. Enjoy your pickles within a month.



SPRING CLEANSE

CHOOSE TO BE HEALTHY

live well. move well. eat well. be well.



**Click here to learn more about healthy eating
and joyful living with simple and fun self care.**

Be Well!

Wendy

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