

## ***Lemon & Garlic Hummus***



### ***Ingredients***

- 10 oz cooked garbanzo beans
- ½ C tahini or pumpkin seed butter
- 3-4 drops Lemon Essential Oil
- 2 garlic cloves, pressed
- 1 teaspoon chopped parsley
- 1 tablespoon of tamari or sea salt to taste

### ***Directions***

- Drain garbanzo beans well, reserving the liquid.
- Place garbanzo beans, lemon oil, garlic, and parsley in food processor. Pulse until smooth.
- Add the reserved liquid a little at a time, pulsing between each addition until your hummus has reach the desired consistency.
- Adjust taste with salt and pepper.

# ***Yam Salad***



## ***Ingredients***

- 3 fairly large yams (4 cups)
- 1/2 cup sliced scallions- leave some for topping
- 1 cup quick boil sweet peas
- 1 red pepper roasted and diced
- 1 cup chopped celery

## ***Dressing***

- 4 tablespoons lime juice or Lemon Juice
- 2 tablespoon tamari or 1/2 teaspoon of salt
- 2 tablespoons of olive oil
- 4 drops of Lemon Jade Young Living Essential Oil
- 2-3 drops of Orange Young Living Essential oil
- 2 drops Black Pepper Young Living Essential oil

## ***Directions***

- Cut yams in quarters and place in boiling water. Boil until soft, but firm. (10-12 minutes). Mix dressing ingredients in a small bowl.
- Remove yams and place in a bowl to cool. Optional: remove peel & cut into cubes.
- Add red pepper, celery, scallions, peas to yams. Gently toss.
- Add half of the dressing and fold it into salad. Allow to sit.
- Just before serving, add the rest of the dressing. Add some black pepper and top with scallion or chives.

**Makes 4-6 Servings.**

## ***No Bake Coconut Chocolate Cookies***

### ***Ingredients***

- 2 cups chocolate or carob chips
- 1 1/2 cups finely shredded coconut\*
- 1/2 cup finely chopped dates
- 1/2 cup finely chopped pecans
- 1/4 cup tahini or almond butter
- 2 tablespoons maple syrup
- 1 – 2 drops of Young Living Cinnamon Bark Oil

### ***Directions***

- Place chocolate chips in a saucepan and melt on low. Once melted allow to cool slightly.
- One by one, add the remaining ingredients and stir well. Place in the refrigerator to cool.
- Fill a bowl with reserved coconut.
- Once cooled, scoop out heaping tablespoons of the mixture and drop into the shredded coconut. Coat with coconut and shape into balls.
- Put on a waxed paper pan in refrigerator to set up before serving.
- \*Set aside 1/2 cup of coconut to roll the cookies in.



## ***Infused Water***



### ***Ingredients***

- Young Living Lavender Essential Oil
- Young Living Peppermint Essential Oil
- Glass Water Jug or Pitcher

### ***Directions***

- Fill pitcher with filtered water.
- Add 1 drop Lavender & 2 drops Peppermint.
- Stir with a wooden spoon. Serve.
- Refill as needed.

**\*Experiment with different Young Living essential oils! 2 drops of Thieves or Lemon are yummy too!**