



## DRINKS with ESSENTIAL OILS

Summer is the perfect time to sit outside and sip an ice-cold drink! If you'd like to incorporate the benefits and flavors of **Essential Oils** into your summer drinks, here are some perfectly delicious options for you to try

### Strawberry Chamomile Grapefruit Juice

---

- **Servings:** 4–6
- **Time:** 10 minutes active

#### Ingredients:

- 3/4 cup (180 ml) water
- 1/3 cup (80 ml) honey
- 2–3 drops Roman chamomile essential oil (you can substitute this with a citrus oil if desired)
- Juice of 2 fresh grapefruits (about 12–16 oz.)
- 1 lb. (450 g) fresh strawberries, sliced
- Sparkling water
- Crushed ice



#### Instructions:

1. In a small saucepan, bring water and honey to boil and simmer for 1 minute. Remove from heat, and allow to cool. Once cool, stir in the essential oil.
2. Divide sliced strawberries and grapefruit juice among 4–6 glasses. Using the back of a spoon, gently press the strawberries against the side of the glass to help release their juice.
3. Add 2–4 Tbsp. (30–60 ml) of the chamomile-honey syrup to each glass and stir in.
4. Fill the remainder of each glass with crushed ice and sparkling water.
5. Taste, and add more chamomile-honey syrup if desired.

## Summer Citrus Cooler

---

- **Servings:** 8–12
- **Time:** 20 minutes active

### Ingredients & Supplies:

- Juice of 6 lemons
- Juice of 6 limes
- Juice of 6 oranges
- 2 quarts (~2 liters) cold water
- 5 drops lemon essential oil
- 5 drops tangerine essential oil
- 2 drops bergamot essential oil
- 3/4 cup (180 ml) raw organic agave nectar\*
- Mint leaves and sliced citrus fruits for garnish
- Ice

\*Deb's Comments: For those with sugar concerns; use Stevia or liquid stevia.

### Instructions:

1. Combine the fresh juices and the water in a large pitcher.
2. Add the essential oil and agave.
3. Pour into glasses with ice, and garnish with mint leaves and sliced citrus fruits.

Floating mint leaves and sliced citrus fruits in the serving pitcher will add flavor and make the drink look extra appealing.



## Raspberry Mint Iced Tea

---

- **Servings:** 8
- **Time:** 15 minutes active; 3–5 hours inactive **Ingredients:**

- 1 Tbsp. honey
- 1 bunch of mint leaves (set aside a few sprigs)
- 4 raspberry herbal tea bags
- 8 cups boiling water
- 1 drop peppermint essential oil
- 1 cup fresh raspberries



## Instructions:

1. Add honey, mint, and raspberry tea bags to the boiling water.
2. Steep the tea bags for 3–5 minutes; then remove.
3. Put tea in the refrigerator for 3–5 hours until cold.
4. Remove from fridge, and add essential oil.
5. Add raspberries to cups.
6. Pour tea over the raspberries.
7. Garnish with mint leaves.
8. Enjoy!

## Cherry Lemonade with Lemon Essential Oil

---

- **Servings:** 8–12
- **Time:** 10 minutes

## Ingredients:

- 2/3 c. blue agave
- 4 drops lemon essential oil
- 4 large lemons
- 1 two-liter bottle of sparkling cherry soda\*\*
- 4 cups water

## Instructions:

1. In a gallon pitcher, combine agave, lemon essential oil, juice of lemons, and sparkling cherry soda.
2. Stir. Then add water to fill the pitcher.
3. Chill in the refrigerator. Serve over ice.

\*Deb's Comments: For those with sugar concerns; use Stevia or liquid Stevia.

\*\*Deb's Comments: Try using IZZI Natural Fruit Juice Spritzer

[www.abundanthalth4u.com](http://www.abundanthalth4u.com)

Source: <http://blog.youngliving.com/summer-recipes-with-essential-oils/#>.



# Beat The Heat Tropical Smoothies

## Peachy Protein Smoothie

This is a light tasting smoothie with a hint of peaches because I use the frozen mixed Tropical Fruit form Costco. If I use frozen peaches only, then it has a stronger peach taste.



### Ingredients:

- 1 cup frozen peaches, pineapple and melon
- 1 banana
- 2 Tbsp. shredded coconut
- 1 Tbsp. Coconut
- 1 scoop Vanilla Dream Protein
- 1 scoop Green's First Vanilla Boost
- 1 cup unsweetened organic almond milk

Put all ingredients in a blender, and blend until desired consistency is reached. Enjoy!

## Tropical Green Smoothie

It's so easy to drink green! Again, if you want to turn this into a meal, scoop of your favorite protein powder. That's it! Blend and enjoy!

- 1 cup coconut water
- 2 cups organic spinach
- 1 banana
- 1 cup pineapple chunks
- 1 cup mango
- 2 Tbs. Shredded coconut



add 1

## Summer Energizer Smoothie

So refreshing but very sweet, so I like to add the option of the protein to tone down the sweetness

### Ingredients:

1/2 cup coconut water  
1/4 fresh pineapple, peeled and cut into pieces  
10 organic strawberries fresh or frozen  
1 mango peeled and cut into pieces  
1 banana  
3 ice cubes  
Option: Add your favorite protein powder such as Vanilla Dream Protein to make it a meal.

Put all ingredients in a blender, and blend until desired consistency is reached. Enjoy!

## Christmas in July Pomegranate Smoothie

Get your blood pumping with this easy smoothie recipe. It's chockfull of ingredients with antioxidants that boost blood flow and can help to keep your arteries clear.



### Ingredients:

1 cup pomegranate juice  
1 banana  
10 organic strawberries fresh or frozen  
1 cup unsweetened organic almond milk

Put all ingredients in a blender, and blend until desired consistency is reached. Enjoy!



## Watermelon Juice

Watermelon Juice is hydrating, detoxifying, and nutrient rich. It is super easy to make. You *will* love it!

### Ingredients:

Just Watermelon. That's it! Cut up seedless water melon, fill blender and blend until pure liquid. Enjoy!



## Summer Cinnamon Banana Smoothie

This is thick, rich and almost pudding like. Give your summer a hint of the tastes of winter.

6 small bananas ripe enough to be speckled.

### Ingredients:

6 ripe, speckled bananas  
5 dates, pitted  
1.5 cups coconut water  
2 Tbs. unsweetened shredded coconut  
1 scoop Vanilla Dream Protein  
1 scoop Green's First Vanilla or Chocolate Boost  
Option: Add 2 Tbs. unsweetened cocoa and 1 Tbs. unsweetened Peanut butter

Blend all ingredients in a high speed blender

