

Easter Treats



www.foodalchemy.com.au

Almond Hummus

2 ½ cups almonds, soaked

1 clove garlic (medium – large size)

1 orange, juiced (1/4 cup juice and pulp)

1 ½ tbsp apple cider vinegar

2 tsp hulled tahini

1 – 2 tbsp extra virgin olive oil

1 toothpick dip of Cumin essential oil

7 drops Lemon essential oil

2 drops Black Pepper essential oil (to taste)

3/4 tsp salt (good quality sea salt / Himalayan salt)

1/2 cup water – as needed, slowly add to smooth out the hummus to your desired texture.

Blitz almonds.

Add remaining ingredients except the water and blitz.

Add water to achieve your desired consistency.

Serve with raw vegetables, crackers and sourdough bread.



Parsley & Artichoke Heart Pesto

Easter can see an abundance of parsley - making this the ideal pesto for entertaining during Easter.

1 big bunch flat leaf parsley

1/4 cup pepitas

1/4 cup sunflower seeds

1/4 cup extra virgin olive oil

Herbamare or salt to taste

4 artichoke hearts

Blitz until smooth, then add to pasta and veggies - check for taste.



Plum, Peach & Apple Crumble

INGREDIENTS - CRUMBLE

3 cups rolled oats (gluten free options include flaked quinoa, amaranth and/or buckwheat)
175g organic butter
1 cup rapadura, coconut or demarara sugar
(i.e. use a whole sweetener)
1 tbsp ground cinnamon
1 drop Cinnamon Bark essential oil (optional) –
add to the butter so it mixes in with a fat

INGREDIENTS - FRUIT BASE

3 apples, peeled, diced
6 plums, peeled, diced
4 peaches, peeled, diced
1 tbsp vanilla extract (I use alcohol free)
1 tbsp maple syrup
(sprinkle maple syrup over the cut fruit)

METHOD

*Peel fruits, dice into small pieces (1cm x 1cm) add into an oven dish
(ceramic dish 20cm x 20cm and 5cm deep).*

*Note: for easy peeling, immerse in hot water or for about 10 seconds in boiling water and
the skin comes off easily.*

*Swish the vanilla extract over fruit, then swish over the maple syrup and mix well.
Bake 150C for 40-45 minutes until golden.*



Warm Spice & Citrus Bliss Balls

1 cup pepitas
1 cup sunflower seeds
1/3 cup hemp seeds
1/2 cup cacao powder (see suggestion below)
1 tbsp coconut oil, softened
20 organic dry apricots
4 soft medjool dates, pits removed
10 drops Wild Orange essential oil
6 drops Ginger essential oil
3 drops Cassia essential oil

Suggestion: you might like to split the batch if you like, with 1/2 cacao and 1/2 without (go with what you and your family/friends love. If you are going with, this add 1/8 cup cacao powder.



Blitz nuts first to a chunky texture in a food processor or Thermomix.

*Then add remaining ingredients.
Blend on medium speed until combined.*

Roll them into balls and desiccated coconut and refrigerate.

Makes 30 medium balls.

Nut Slab

- 2 cups walnuts
- 1 cup activated buckwheat
- 1 cup cacao powder
- 1 cup coconut oil, liquified
- 1 cup organic cranberries
- 1 cup honey, raw and unprocessed (or maple/coconut syrup if vegan)
- 10 drops Tangerine essential oil
- 10 drops Grapefruit essential oil
- 3 drops Bergamot essential oil
- 1 tbsp cacao nibs (set aside for sprinkling on top) - or your fav toppings!

Blitz activated buckwheat first to a chunky texture in a food processor or Thermomix.

Then add remaining ingredients.

Blend on medium speed until combined.

Pour onto a lined baking tray.

Sprinkle with cacao nibs over the top of the slab.

Cover with baking paper and set in the fridge or freezer.



Cacao Elixir



This is a nourishing and nurturing elixir, perfect before meditation and sleep. It opens the heart center and expands the mind for creative flow.

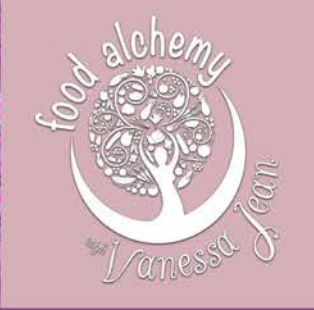
1 litre coconut milk
1 litre coconut water
1 – 2 tbsp cacao powder
Cayenne – pinch
2 cinnamon quills
1 tsp ground cinnamon
6 cardamom pods
2 star anise
4 medjool dates or 2 dried figs

Essential oils you could infuse:

Cinnamon Bark
Cassia
Cardamom
Protective Blend
Black Pepper/Pink Pepper
Ginger
Wild Orange
Green Mandarin
Tangerine
Spearmint
Peppermint

Optional sweeteners: raw honey, coconut syrup, maple syrup, coconut sugar or rapadura sugar (add these after heating). I don't add sweetener as I find the dates and coconut milk are sweet enough.

Let this stand for 2 - 4 hours then gently heat. Take out the quills, pods and star anise then gently blend in a food processor so the dates are combined. Note: I love to grind the cardamom seeds in a mortar and pestle and include in the elixir. Makes 2 litres.



ESSENTIAL OILS

for Sweet Treats

Only use pure essential oils.
I use and recommend dōTERRA essential oils.

Spices

Black Pepper, Cardamom, Cassia, Cinnamon Bark, Clove Bud, Juniper Berry, Pink Pepper, Protective Blend, Star Anise

Herbs

Lemon Myrtle, Peppermint, Spearmint

Roots

Ginger, Turmeric, Vetiver

Citrus

Bergamot, Clementine Grapefruit, Green Mandarin, Kumquat, Lemon, Lime, Red Mandarin, Tangerine, Wild Orange

Floral

Geranium, Lavender, Rose

Resin

Frankincense

Tips

- 💧 A little goes a long way - add toothpick by toothpick or drop by drop
- 🔥 Check for taste
- 🌿 Wild Orange, Cinnamon Bark, Clove & Cardamom add natural sweetness (known as false sweeteners)
- 💧 Freezing food reduces the essential oil intensity



ESSENTIAL OILS

for Savoury Delights

Only use pure essential oils.
I use and recommend dōTERRA essential oils.

Spices

Black Pepper, Cardamom, Cassia, Cinnamon Bark, Clove Bud, Juniper Berry, Pink Pepper, Protective Blend, Star Anise

Herbs

Basil, Cilantro, Coriander, Cumin, Dill, Fennel, Lemon Myrtle, Marjoram, Oregano, Peppermint, Rosemary, Spearmint, Thyme

Roots

Ginger, Lemongrass, Turmeric, Vetiver

Citrus

Bergamot, Green Mandarin, Grapefruit, Kumquat, Lemon, Lime, Red Mandarin, Tangerine, Wild Orange

Resin

Frankincense

Tips

- 💧 A little goes a long way - add toothpick by toothpick or drop by drop
- 🔥 Check for taste
- 🌿 Wild Orange, Cinnamon Bark, Clove & Cardamom add natural sweetness (known as false sweeteners)
- 💧 Freezing food reduces the essential oil intensity





For more delicious recipes
incorporating dōTERRA pure essential
oils, please visit

www.foodalchemy.com.au

Subscribe to my newsletter to receive monthly
inspiration.

