

dōTERRA essential oils most commonly recommended in cooking:

Basil
Bergamot
Black Pepper
Cardamom
Cassia
Cilantro
Cinnamon
Clove
Coriander
Cumin
Dill
Fennel
Ginger
Grapefruit
Juniper berry
Lavender
Lemon
Lemongrass
Lime
Marjoram
Oregano
Peppermint
Rosemary
Spearmint
Tangerine
Thyme
Wild orange

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easy recipe
ideas for
workshop hosts



ALISON BARTOLO - HEALTHY MUNCHKINS

Raw Chocolates

Ingredients:

- 1/3 cup raw cacao
- 1/2 cup melted coconut oil
- 1/4 cup maple syrup
- Pinch Himalayan salt
- Pinch cayenne pepper
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 8 drops dōTERRA wild orange oil

**optional 1 tbsp melted raw cacao butter*

Method:

- Sift cacao into bowl
- Add remaining ingredients
- Whisk with a metal whisk
- Pour into moulds
- Refrigerate

Alternative flavourings:

- *Wild orange & fig*
- *Cardamom & Black Pepper*
- *Almond & Cinnamon*
- *Peppermint*
- *Peppermint & Wild Orange*
- *Tangerine*
- *Lavender & hazelnut*
- *Spearmint*
- *Lime, Cinnamon & Black Pepper*



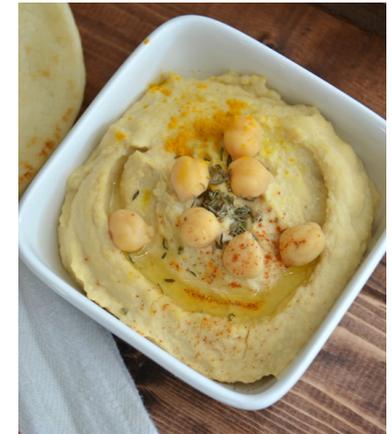
Hommus

Ingredients:

- 1 can organic chick peas (or dried chick peas soaked overnight)
- 1/2 fresh lemon
- 1 tsp Himalayan salt
- 1 clove garlic
- water / oil
- 5 drops (or more from small sample bottle) dōTERRA Lemon oil

Method:

- Juice one lemon
- Add drained chick peas, lemon juice and salt into blender
- Blitz until smooth
- Add essential oils and olive/avocado oil or water to reach desired consistency



Guacamole



Ingredients:

- 1 ripe avocado
- (optional coriander leaves)
- pinch Himalayan salt
- 2 drops (or more from small sample bottle) dōTERRA Lemon or Lime oil

Method:

- Smash avocado with a fork
- Add oils and any fresh herbs
 - Serve with chips and/or crunchy raw veggies

Peppermint Slice

Base

1/2 cup almonds
1/2 cup walnuts
3/4 cup medjool dates
2 tbsp raw cacao powder
Pinch Himalayan rock salt

- Blitz nuts in food processor
- Add remaining ingredients and continue to process until a dough forms
- Press firmly into a lined baking tray ensuring it is as flat as possible
- Place in freezer

Mint layer

1/2 cup coconut oil
2 tbsp pure maple syrup
2 drops (or more from small sample bottle) dōTERRA Peppermint oil

- Gently melt coconut oil
- Add syrup and essential oil
- Pour mixture over base
- Return to freezer

Chocolate topping

1/2 cup raw cacao
1/2 cup coconut oil
40-60ml maple syrup

- Gently melt coconut oil
- Add sifted cacao powder
- Add syrup
- Whisk with metallic whisk
- Pour over layers and return to freezer for 20 mins minimum
- Cut into squares and serve!



Peppermint fudge

Ingredients:

250g raw (ideally activated) cashews
50g desiccated coconut or coconut flakes
1/4 cup maple syrup

**optional 1/2 tsp Maca Powder
(check for good quality, original Peruvian)*

10 drops (or more from small sample bottle) dōTERRA peppermint oil



Method:

- Blitz all ingredients in the food processor until it is fine and starts to stick together
- Scrape down sides of processor as often as necessary to ensure each part is combined
- Press down into a lined baking tray
- Score into cubes and cover with baking paper
- Cool and store in freezer



Hi! I'm Alison Bartolo and I am the founder of Healthy Munchkins — a concept founded on true health and wellness.

I am Mummy to three gorgeous munchkins who popped my eyes open and landed me on an express journey of learning about physical, emotional and spiritual health. With a background in Project Management, I have now immersed myself in the study of Aromatherapy and Nutrition and love engaging with people from all walks of life, opening doors to a healthier, more vibrant way of living.

Owner of Site Cafe in Brisbane, I have a passion for wholesome foods made from scratch and building a sense of community and connection. I moved from the UK to live in Brisbane back in 2005 and now travel Australia educating about natural health solutions.

My purpose is to play an integral role in the global shift towards true wellness.

My philosophy is that given the right environment and support, the body can heal itself when it does come under threat.

I believe that making food from scratch is one of the ways of providing the optimal environment for me and my family to thrive. I am looking forward to showing you how easy it is to get started!

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Notes

Cranberry MocktOil

Ingredients:

- 1/3 bag of ice
- 1 fresh lime cut into wedges
- 2L cranberry juice
- 2L sparkling spring water
- 12 drops dōTERRA Lime oil *(this can be added by your workshop presenter on arrival—please advise them ahead of your event to ensure they bring the lime oil to your workshop)*

Method:

- Pour all ingredients into a suitable glass or ceramic jug or drinks dispenser
- Enjoy!



Raw Jaffa Balls

Ingredients:

- 1 cup desiccated coconut
- 10 organic medjool dates, seeds removed
- 1/4 cup raw cashews
- 4 tablespoons raw cacao powder
- 1 tsp* melted coconut oil
- 5 drops (or more from small sample bottle) dōTERRA Wild Orange oil



Method:

- Remove seeds from dates
- Blitz cashews in food processor
- Add dates into processor
- Add raw cacao
- Add desiccated coconut
- Add dash of coconut oil if further moisture is required
- Remove contents from food processor and place in a metallic or glass bowl
- Add dōTERRA Wild Orange essential oil and knead mixture
- Roll into balls

Peppermint Chocolate Bliss Balls

Ingredients:

- 1 cup almonds
- 2 cups organic medjool dates, seeds removed
- ¼ cup raw cacao powder
- 2 tbsp* melted coconut oil
- 4 drops (or more from small sample bottle) dōTERRA Peppermint oil

Method:

- Remove seeds from dates
- Blitz almonds in food processor
- Add dates into processor
- Add raw cacao powder
- Add coconut oil until the mixture combines
- Remove from food processor and place in metal, ceramic or glass bowl
- Add peppermint essential oil and knead through
- Roll into balls
- Coat in desiccated coconut
- Set in the fridge



Immunity Apples

Ingredients:

- Apples (crisp apples such as Pink Lady work best)
- A bowl of filtered water
- 1 drop dōTERRA On Guard oil blend (*this can be added by your workshop presenter on arrival as the On Guard in the keychain is already diluted ready for topical use and not suitable for ingestion*)



Method:

- Add the apples to the bowl, drop in the essential oil and stir
- You can add an extra drop or two if you like it strong!
- Soak from 30 mins—2 hours
- Drain and serve

Wild Orange Dip

Ingredients:

250g plain yoghurt
1 tsp vanilla bean paste
3 drops (or more from small sample bottle) dōTERRA Wild Orange oil
Strawberries and blueberries
(cocktail sticks for serving)

Method:

- Mix yoghurt, vanilla and oil together in a ceramic bowl
- Chop berries
- Dip and enjoy!



Optional

Serve with raw chocolate dip
(see raw chocolate recipe but do not refrigerate)

Lemon Cheesecake

Base

- 1 cup almonds
- 1 cup walnuts
- 1½ cups medjool dates
- Blitz nuts in food processor
- Add remaining ingredients and continue to process until a dough forms
- Press firmly into a lined baking tray ensuring it is as flat as possible
- Place in freezer



Filling

- 1½ cups raw cashews soaked for at least 4-6 hours
- Juice of 1 lemon
- ⅓ cup coconut oil, melted
- 155ml coconut cream
- ½ cup maple syrup
- 10 drops (or more from small sample bottle) dōTERRA lemon oil
- Blend in food processor / blender until smooth and creamy
- Pour over chilled bases
- Set in fridge (ideally overnight)

Raw Heirloom Tomato Salad

Ingredients:

As many tomatoes as you like!

3 tbsp macadamia oil

1 tbsp extra virgin olive oil

1 tbsp balsamic vinegar

Juice of ½ lemon

½ tsp Dijon mustard

½ tsp raw honey

½ tsp sesame oil

1 drop of dōTERRA black pepper oil (*optional*)

2 drops of dōTERRA lemon oil

3 drops dōTERRA wild orange oil



Method:

- Wash and slice tomatoes
- Mix dressing ingredients together
 - Pour over tomatoes

Tropical Sorbet

Ingredients:

2 frozen mango cheeks

3 drops dōTERRA wild orange oil



Method:

- Chop mango into smaller chunks
- Blitz in thermomix (or commercial blender) until smooth
- Serve!

Lemon Water

Ingredients:

Filtered water

Ice

Lemon slices

dōTERRA lemon oil

Method:

- Pour all ingredients into a suitable glass or ceramic jug or drinks dispenser
- Enjoy!

