

# Recipes for Autumn

## GRANOLA BARS

### Ingredients:

- 2 ½ cups of quick oats
- ½ cup Erewhon crispy brown rice cereal
- ½ cup of mini semisweet chocolate chips
- ¼ cup Sucanat
- ½ teaspoon of salt
- ¼ cup coconut
- ⅛ cup flax seed
- ⅛ cup sesame seed
- ⅛ cup chia seed
- ⅓ cup coconut oil
- ¼ cup honey
- ½ teaspoon vanilla
- 2 drops Tangerine oil

### Instructions:

Preheat oven to 350° F.

Mix all dry ingredients together. Set aside

Mix all wet ingredients together. Melt in a saucepan over medium heat.

Add dry ingredients to wet ingredients. Mix uniformly.

Allow wet ingredients to absorb into dry ingredients.

*(Tip: If mixture is too dry, add more coconut oil or honey; if too wet, add more oatmeal.)*

Line cake pan with parchment paper. Pour in mixture and pat down.

Bake for 12–15 minutes or until lightly brown.



Drizzle this dressing onto fresh spinach and sprinkle with feta cheese, pine nuts & apple or pear slices!

## Ginger

## PEAR Smoothie



- 1 heaping cup fresh spinach
- 1 heaping cup diced frozen pears
- ½ cup plain non-fat Greek yogurt
- 1 tablespoon almond butter
- 1 cup unsweetened almond milk or milk of choice
- 1 teaspoon raw honey
- ½ teaspoon vanilla extract
- 1 drop of Ginger oil

Cut fresh pears and freeze for one hour.

Put all of the ingredients in a blender and blend until creamy and smooth.

## Cinnamon Spice Salad Dressing

### INGREDIENTS:

- ¼ cup olive oil
- 2 tablespoons raw apple cider vinegar
- 2 drops Cinnamon Bark oil
- 1 drop Clove oil
- Pinch of fresh ground nutmeg
- 1 small garlic clove finely minced
- ¼ teaspoon sea salt
- ⅛ teaspoon fresh ground pepper



### INSTRUCTIONS:

Mix all ingredients in a jar.

Store in the fridge for up to four days.

*(Tip: Stir in a spoonful of honey for a sweet and savory dressing.)*

# GLAZED SPICY SWEET POTATOES

## Ingredients:

4 tablespoons butter, melted  
4 tablespoons honey  
Juice of 1 lime  
2 teaspoons ground allspice  
8 drops Cinnamon Bark oil  
5 drops Ginger oil

2 pounds orange-fleshed sweet potatoes, peeled and cut into ½-inch thick slices  
Kosher salt and freshly ground black pepper to taste  
Fresh thyme sprigs for garnish (optional)



## Instructions:

Preheat oven to 425° F (400° F convection).

Coat large baking dish or roasting pan with oil.

In large bowl, stir butter, honey, lime juice, allspice, and Cinnamon and Ginger oils together until blended.

Add sweet potato slices and toss to coat before placing on baking pan in a single layer.

*(Note: If a bowl large enough to mix everything together isn't available, place the potatoes on the baking pan and pour the glaze over the potatoes, tossing on the pan to coat as evenly as possible.)*

Arrange the slices in a single layer in prepared dish or pan.

Season potatoes with salt and pepper.

Bake the sweet potatoes for 10 minutes and then stir to coat with glaze.

Continue baking another 10–15 minutes or until tender and slightly caramelized.

Transfer to bowl and garnish with fresh thyme leaves, if desired.

*(Tip: The sweet potatoes can be prepared in advance and then reheated in the oven to heat through.)*

## Cinnamon Apple Chips

7–8 medium-sized apples  
1 tablespoon xylitol, Sucanat or sweetener of choice  
6 drops Cinnamon Bark oil

Preheat oven to 225° F.

Put parchment paper onto two baking sheets.

Combine sweetener and Cinnamon Bark oil in small bowl. Stir to combine.

Slice apples into thin slices.

Place apples onto parchment paper covered baking sheet in single layer.

Sprinkle apple slices with cinnamon essential oil-sugar mixture.

Place baking sheets in preheated oven for 45 minutes. Halfway through, flip apples over.

When edges of apples are curled, take out of oven and place on wire rack until cooled and crispy.



*(Tip: Use a mandoline to slice apples for perfectly thin and crisp chips.)*

## On Guard® Popcorn

### INGREDIENTS:

- 1 cup popcorn kernels
- ¼ cup unrefined coconut oil
- ¼ cup pure maple syrup
- 5–6 drops doTERRA On Guard Protective Blend
- 2–3 drops Cinnamon Bark oil
- Ground cinnamon to taste
- Salt to taste

### INSTRUCTIONS:

Air-pop popcorn and place in a large mixing bowl.  
Melt coconut oil. Stir in maple syrup and essential oils.  
Pour mixture over popcorn, pausing to toss and mix.  
Sprinkle with ground cinnamon and salt. Mix thoroughly and enjoy.

*(Tip: If melting coconut oil on the stove top, be sure to remove from heat before adding essential oils.)*



## ITALIAN CHICKEN SOUP

### Ingredients:

- 3 tablespoons flaked oregano
- 1 tablespoon olive oil
- 1 chicken breast
- 2 tablespoons chicken bouillon
- 6 cups water
- 4 stalks celery, diced
- 1 green pepper, diced
- 1 package Ditalini pasta
- 4 Roma tomatoes, diced
- 1 pint whipping cream
- 2 drops Oregano oil
- ½ teaspoon salt
- ½ teaspoon pepper



### Instructions:

Place olive oil and flaked oregano in small skillet and saute over medium heat for approximately one minute.  
Set aside.

Place chicken, one tablespoon of chicken bouillon, and one cup of water in pressure cooker. Cook for 20 minutes on high. Once chicken has finished cooking, shred or dice chicken.

Place celery and green pepper in small skillet and saute over medium heat for approximately one minute.

Place chicken, celery, and green pepper mixture back into pressure cooker. Add pasta.

Mix one tablespoon of powdered chicken bouillon with five cups of water and pour over noodles until covered.

Add salt and black pepper. Cook in pressure cooker on low pressure for two minutes.

When complete, add whipping cream, tomatoes, the sauteed oregano, and Oregano oil. Mix thoroughly and let heat for one minute before serving.



## On Guard® Pumpkin Smoothie

- 1 cup almond milk (or milk of choice)
- ½ cup pumpkin puree
- ½ cup vanilla yogurt
- 2 frozen bananas
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie seasoning
- 2–3 drops doTERRA On Guard® Protective Blend
- 1 cup ice

Combine all ingredients into blender and blend until smooth.  
If desired, add some whipped cream and sprinkle with cinnamon.

*(Tip: For a vegan recipe, replace the milk and yogurt with one can of coconut milk.)*



# APPLE PIE

## Filling:

5 cups apple, sliced  
¼ cup xylitol or sucanat  
1 pinch nutmeg  
½ teaspoon cinnamon  
6 drops Lemon oil  
¼ cup flour

## Crust:

3 cups flour  
1 teaspoon salt  
1 ⅓ cup butter  
1 egg  
1 teaspoon vinegar  
6–7 tablespoons of cold water

## Instructions:

Mix all pie filling ingredients together. Cook on medium heat until it comes to a boil. Stir constantly so that sugars don't burn. Set aside.

For pie crust, place flour, salt, and butter in a medium bowl. Crumb together until little beads form.

Place the egg, vinegar, and cold water in a separate bowl. Mix thoroughly.

Slowly pour liquid into the bowl with your dry ingredients, folding it in as you pour until flour mixture is moistened. Don't overmix. Divide into four balls.

Roll out two balls to make the bottom crust and place in two 9 inch pie shells.

Distribute pie filling between two pie crusts.

Slice one tablespoon of butter and distribute evenly across the top of pie filling.

Roll out top crust and place on top of filling.

Pinch bottom and top crust together between thumb and index finger.

Bake on 350° F for one hour, or until golden brown.

(Tip: Brush the top of the crust with egg whites and sprinkle on some raw sugar for a rustic look.)



# Roasted MARINARA Sauce



## INGREDIENTS:

2 pounds Roma tomatoes, halved  
1 onion, sliced  
4 garlic cloves  
Olive oil  
Sea salt  
Pepper  
1 drop Basil oil  
1 toothpick Oregano oil

## Instructions:

Preheat oven to 350° F.

Place sliced tomatoes, onions, and garlic on baking sheet.

Add a generous amount of sea salt, pepper, and olive oil to top of tomatoes and onion.

Cook for one to two hours or until tomatoes and onions begin to darken around the edges.

Remove from oven and transfer to food processor or blender.

Pulse until sauce reaches your desired consistency.

Add Basil and Oregano oil and stir.

Tip: Enjoy with spaghetti squash and chicken meatballs for a delicious and healthy meal.

# Hot Cider

## INGREDIENTS:

6 cups apple cider  
¼ cup maple syrup  
1 drop Cinnamon Bark oil  
1 toothpick Clove oil  
6 allspice berries  
1 orange  
1 lemon  
1 apple

## INSTRUCTIONS:

Combine apple cider, maple syrup, Cinnamon Bark oil, and Clove oil in large pot on simmer.

Slice orange, lemon, and apple.

Cut a square of cheesecloth, put allspice berries, orange, lemon, and apple in the middle.

Pick up corners of the cheesecloth and tie off with a string.

Put in pot and boil for 5–10 minutes.

