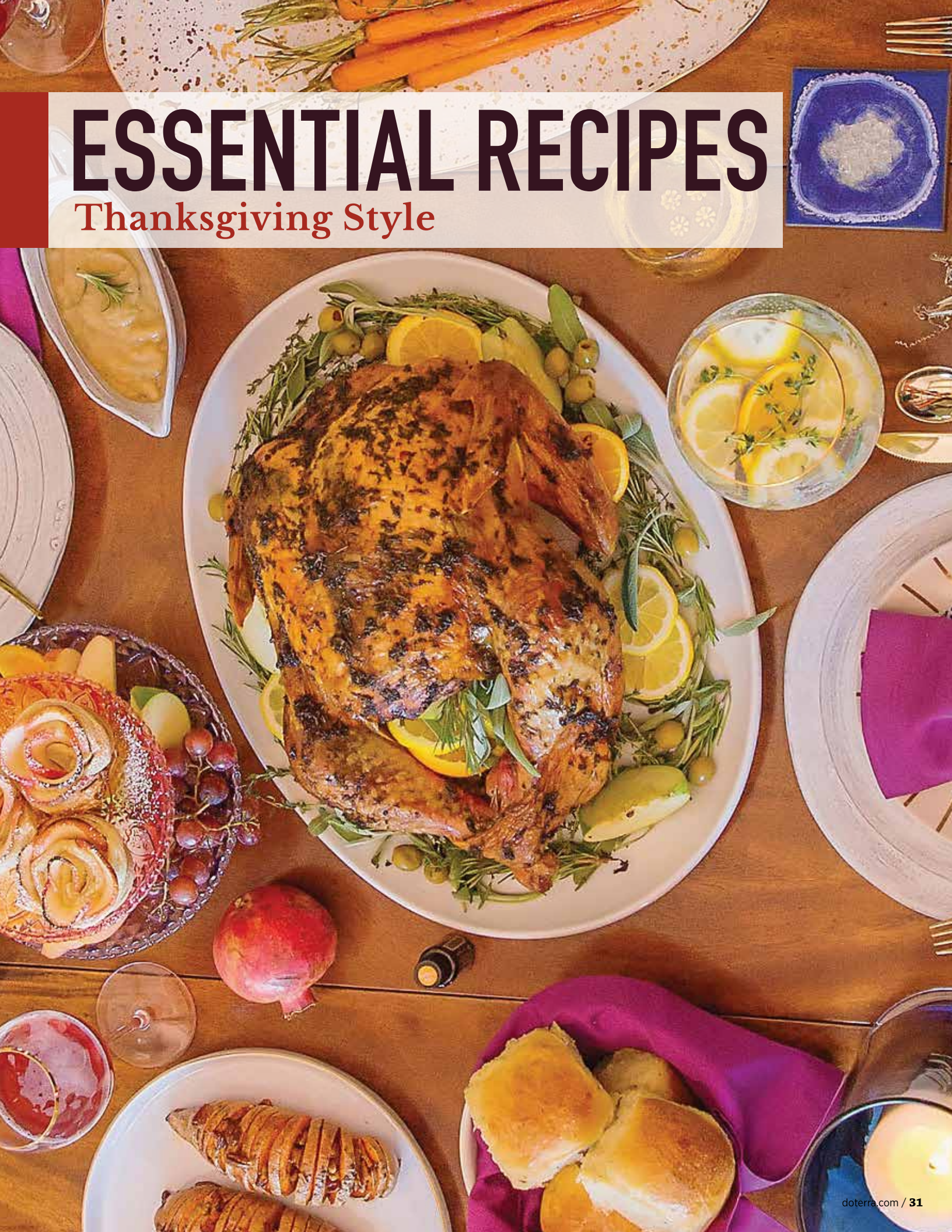


ESSENTIAL RECIPES

Thanksgiving Style



Citrus & Herb Butter Roasted Turkey

Ingredients: Citrus & Herb Butter

4 drops Wild Orange essential oil
3 drops Lemon essential oil
3 cloves garlic, minced
4 tablespoons chopped fresh sage
3 tablespoons chopped fresh rosemary
3 tablespoons chopped fresh thyme
pinch of salt and pepper
1 stick unsalted butter, room temperature

For the Turkey

14–16 pound turkey, thawed
½ large orange, cut in two wedges
1 lemon, cut in quarters
½ large granny smith apple, cut in two wedges
1 garlic head, cut in half
5 sprigs of sage
5 sprigs of thyme
2 sprigs of rosemary

Instructions: For the Butter

1. In a small bowl, combine all ingredients and stir together thoroughly. Set aside.

Instructions: For the Turkey

2. Preheat oven to 500 degrees Fahrenheit.
 3. Rinse turkey inside and out. Pat skin dry and place in a roasting rack inside a large roasting pan. Stuff the cavity of the bird with the orange, lemon, apple, garlic, and herbs.
 4. Tuck wing tips under the turkey.
 5. Use fingers to carefully loosen skin around the entire bird. Take ¼ of the butter mixture and rub it, thoroughly, under skin making sure to coat as much of the turkey as possible. Brush remaining butter mixture over skin, making sure to cover the entire turkey.
 6. Sprinkle breast and legs with salt and pepper and tie legs together with kitchen twine.
 7. Roast turkey on the lowest rack at 500 degrees for 30 minutes. Turn oven down to 350 degrees and insert probe thermometer into the thickest part of the breast. Cook until thermometer reads 160 degrees.
- Note:** Cooking time depends on the size of the turkey.
8. Remove from oven and cover with foil. Let turkey rest for approximately 30 minutes before carving.



Honey Thyme Roasted Carrots

Ingredients:

2 pounds carrots peeled, tops removed
¼ cup apricot preserves
2 tablespoons honey
2 tablespoons olive oil
1 tablespoon butter, melted
1 teaspoon balsamic vinegar
1 teaspoon garlic powder
½ teaspoon ground mustard
½ teaspoon ground cumin
1 teaspoon dried thyme
1 drop Thyme essential oil
1 teaspoon salt
¼ teaspoon black pepper

Instructions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Grease a baking sheet. Add carrots to center of pan. Set aside.
3. In a medium bowl, whisk together ingredients and pour over carrots. Toss until evenly coated. Lay carrots in a single layer. Bake for 30–45 minutes, until fork tender. Stir after 20 minutes. Garnish with fresh parsley if desired.



Apple Cream Cheese Rose Tarts

Ingredients:

2 apples
3 drops Lemon essential oil
½ cup cream cheese, softened
½ cup powdered sugar
1 teaspoon vanilla
2 drops Cinnamon essential oil
2 sheets puff pastry

Instructions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Core and thinly slice apples.
3. Combine apple slices, Lemon essential oil and water in a bowl to keep apples from browning. Pat apple slices dry and set aside.

4. Roll out puff pastry. Cut 4 even strips.
5. In a bowl, cream together cream cheese, powdered sugar, vanilla, and Cinnamon essential oil.
6. Spread cream cheese mixture on top half (long way) of puff pastry slices.
7. Arrange and layer apple slices on cream cheese mixture, cut side facing down.
8. Fold bottom half of plain puff pastry on top of cream cheese mixture and apple slices. Starting at one end, roll them up. Place in greased muffin tins.
9. Bake for 40 minutes.

Sweet & Spicy Cranberry Sauce

Ingredients:

- 10-ounce bag fresh or frozen cranberries
- 1 jalapeno, diced
- ½ cup water
- ½ cup honey or white sugar
- 3 drops **Wild Orange** essential oil

Instructions:

1. Combine ingredients, excluding Wild Orange essential oil, into a saucepan.
2. Bring up to boil and then lower temperature to a simmer for 10 minutes, stirring occasionally.
3. Remove from heat and let cool. Add Wild Orange essential oil. Store in refrigerator until ready to serve.



Healthy Pumpkin Pie

Ingredients:

- 1 15-ounce can pumpkin puree
- 1 13.5-ounce can full-fat coconut milk
- ½ cup rolled oats
- 2 tablespoons ground flax
- ½ cup brown sugar
- 3 teaspoons ground cinnamon
- 1 drop **Cinnamon** essential oil
- 2 drops **Clove** essential oil
- 2 drops **Ginger** essential oil
- ½ teaspoon salt
- 1 egg
- 1 tablespoon pure vanilla extract
- 1 par baked pie crust

Instructions:

1. Preheat oven to 400 Fahrenheit.
2. Blend all ingredients together until smooth. Pour into a par baked pie crust in a 10-inch round pan.
3. Bake for 27 minutes

Note: It will look underdone at this time, don't worry. Refrigerate at least 5 hours uncovered. Pie will thicken and "set."

4. Top with fresh whipped cream.

Rosemary Dinner Rolls

Ingredients:

- 2 ¼ teaspoon active dry yeast
- ½ cup warm water
- 3 tablespoons sugar, divided
- ½ cup warm milk
- 1 large egg
- 3 tablespoons butter, melted
- 2 tablespoons chopped fresh rosemary
- 2 drops **Rosemary** essential oil
- 1 ½ teaspoon salt
- 1 egg for brushing rolls, whisked
- 3 ¾ cups all-purpose flour, then more as needed

Instructions:

1. In the bowl of an electric stand mixer whisk together yeast, warm water, and ¼ teaspoon granulated sugar. Rest for 5 minutes
2. Set mixer with hook attachment and mix in remaining sugar, warm milk, egg, melted butter, fresh rosemary, Rosemary essential oil, and salt on low speed.
3. Add 2 cups flour and mix on low speed until combined. Slowly add in remaining flour until dough pulls away from the side of the bowl. Dough should be a little sticky.
4. Knead for 7–10 minutes until smooth and elastic.
5. Remove from mixer and cover bowl with a cloth for 1 hour or until doubled in size.
6. Place dough on clean workspace and divide into 12 equal parts. Roll each part into a smooth ball and place into a greased 9x11 baking pan.
7. Cover and let rise for 1 hour or until doubled in size.
8. Preheat oven to 350 degrees.
9. Gently brush tops of rolls evenly with 1 tablespoon whisked egg. Bake in preheated oven until tops are golden brown, about 23–26 minutes.



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