



**JUMPSTART
YOUR SUMMER**
with YOUNG LIVING
PLUS ESSENTIAL OILS



Jumpstart Your Summer With Young Living Plus Essential Oils

One of the best parts of spring and summer is the resurgence of fresh fruits and vegetables that add vibrant colours and flavours to our plate. These are often the seasons when we remind ourselves how important eating well is for nourishing our body.

When we are eating well, we are feeling well. To help you nourish yourself and your family we have prepared some flavourful and simple recipes that are infused with the Young Living Essential Plus Oils that you will love.

We hope these essential oil-infused tips and these recipes will help you to fully connect to the scents and tastes of the season ahead while nourishing your body and soul.

Young Living Plus Essential Oils

Young Living Plus Essential Oils are aromatic, concentrated plant extracts from plants, herbs, fruits and trees carefully obtained through steam distillation, cold pressing, or resin tapping.

They have bright, fresh flavour of herbs and citrus fruits and are more potent than dried herbs and botanicals, with a long-lasting shelf life.

You can use it in cooking and baking to enhance flavour knowing that you can enjoy your food and drinks without artificial additives and flavourings.

Essential Oil Ratios *and Helpful Hints*

How much should I use?

Start off by using Plus essential oils in recipes that call for dried herbs, spices, or fruit juices. Simply replace these ingredients with their companion Plus essential oil.

Keep in mind that Plus essential oils have a stronger flavour than dried herbs and spices so, it is best to start out with small amounts of your chosen Plus essential oil and then increase until the desired flavour preference has been reached.

Citrus Fruits

The juice or zest of one Lemon, Orange, Tangerine, Lime, or Grapefruit can be replaced with 10-15 drops of its companion Plus essential oil.

Common Herbs

1 tablespoon or more of dried Oregano, Rosemary, Thyme, Dill or Black Pepper can be replaced with 1 drop of its companion Plus essential oil.

Toothpick Method

With recipes that include less than 1 teaspoon of a chosen herb or spice, dip a toothpick in the Plus essential oil and then swirl it in the recipe to blend it with other ingredients. As Cinnamon Bark+ and Ginger+ essential oils are much stronger than their companion spices, use the toothpick method outlined above when adding to recipes.

Helpful Hints

When used alone, it is important not to heat Plus essential oils beyond their flash point. This can be easily avoided by lowering your hob temperature, using the essential oils in conjunction with extra virgin olive oil, or by adding essential oils when the dish has been removed from the heat or flame. Since the flavour of Plus essential oils can dissipate, add them to dishes immediately before serving if the recipe requires refrigeration.



Beverages & Shots



CUCUMBER LEMON COOLER

INGREDIENTS

- ½ cucumber
- **2–3 drops Lemon+**
- 1 lemon, juiced
- 1 tablespoon honey
- 120 ml sparkling water
- Mint leaves for garnish, if desired

METHOD

Chop cucumber into small pieces and mix with Lemon+, lemon juice, and honey in a bowl. Let sit for 10 minutes to allow the flavours to infuse.

Place cucumber mixture in the bottom of a mason jar and pour sparkling water on top. Add ice and mix well.

Add mint for garnish.

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GRAPEFRUIT-INFUSED SUNSHINE SMOOTHIE

INGREDIENTS

- **1 drop Grapefruit+**
- 1 ripe banana
- 1 mango, peeled and diced
- 200g natural yoghurt
- Handful of ice cubes

METHOD

Add the banana, diced mango, natural yogurt, and ice cubes to a blender.

Add 1 drop of Grapefruit+.

Blend on high speed until the mixture is smooth and creamy.

Taste and adjust sweetness or consistency as desired. Pour into glasses and serve immediately.

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THE ULTIMATE SEASONAL GREEN JUICE

INGREDIENTS

- 1 bunch kale
- 4 green apples
- 4 carrots
- 4 stalks celery
- **1-2 drops Tangerine+**

METHOD

Slice the apples, carrot, and celery into smaller pieces. Gradually feed all the ingredients into the juicer.

Add 1-2 drops of Tangerine+ and stir.

Serve fresh over ice!

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BEVERAGES & SHOTS

BERRY-LIME MOCKTAIL

INGREDIENTS

- 150g Blueberries
- 2 tbsp Honey
- 1 tbsp Water
- 120 ml Fresh Lime Juice
- 4 leaves of Mint
- 180 ml Berry flavoured Sparkling Water
- **2 drops Lime+**
- Lime wedges

METHOD

In a mixer add blueberries and honey and blend on high speed. Afterwards slowly add lime juice, mint leaves, and sparkling water.

Add 2 drops of Lime+ and stir gently. Fill glasses with ice and pour in the mocktail.

Garnish with lime wedges and mint leaves. Stir gently before serving.

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CITRUS SPICE AND EVERYTHING NICE

INGREDIENTS

- 30-60 ml NingXia Red®
- 1 drop Lemon+
- 1 drop Grapefruit+
- 1 drop Ginger+

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PERK ME UP

INGREDIENTS

- 30-60 ml NingXia Red®
- 1 drop Orange+
- 1 drop Tangerine+
- 1 drop Cinnamon Bark+

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Salad Dressings & Marinades



SWEET AND TANGY BALSAMIC VINAIGRETTE

INGREDIENTS

- 2 teaspoons balsamic vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- **4 drops Grapefruit+, Lemon+, Lime+, or Orange+**
- 4 tablespoons extra virgin olive oil

METHOD

Whisk all ingredients together until well combined.

Pairs well with fresh basil, Roma tomatoes, and mozzarella balls.

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SIMPLE VINAIGRETTE

INGREDIENTS

- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- ¼ teaspoon salt
- ½ teaspoon ground mustard
- 1 tablespoon grated onion
- **2 drops Lemon+**
- 4 tablespoons extra virgin olive oil

METHOD

Whisk all ingredients together until well combined.

Pairs well with mixed green salad, chicken, parmesan, and walnuts.

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GINGER-HONEY SOY DRESSING

INGREDIENTS

- 2 tablespoons fresh garlic, minced
- 1 tablespoon honey
- 2 tablespoons soy sauce
- 4 tablespoons extra virgin olive oil
- **2 drops Ginger+**

METHOD

Whisk all ingredients together until well combined.

Pairs well with Napa cabbage, chicken, green onions, mandarin oranges, peanuts, and sesame seeds.

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CITRUS SPICY MEAT MARINADE

INGREDIENTS

- ¼ cup olive or other oil
- ⅓ cup soy sauce
- 2 garlic cloves, minced
- Juice of 1 orange
- 1 teaspoon sesame oil
- 2 tablespoons honey
- **2 drops Orange+**
- **2 drops Lemon+**
- **1 drop Ginger+**
- Optional: 1 tablespoon toasted sesame seeds

METHOD

Combine all ingredients and pour over protein in a shallow glass bowl or baking pan. Cover and refrigerate for at least 1–4 hours or overnight before grilling.

Discard marinade after use.

Top with extra sesame seeds to give it a little extra texture.

This marinade goes especially well with chicken and tofu.

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MEDITERRANEAN GRILL N° GREET MARINADE

INGREDIENTS

- ¼ cup olive oil
- 3 tablespoons red wine vinegar
- 3 cloves garlic, minced
- ¾ cup plain Greek yoghurt
- **1 drop Oregano+**
- **2 drops Lemon+**
- **1 drop Black Pepper+**

METHOD

Combine all ingredients and pour over protein in a shallow glass bowl or baking pan.

Cover and refrigerate for at least 1–4 hours or overnight before grilling.

Discard marinade after use.

It's perfect for pork, lamb, or chicken kabobs.



SWEET HONEY LOVIN' LIME MARINADE

INGREDIENTS

- ¼ cup olive or other oil
- Juice of 2 limes
- ¼ cup honey
- 3 garlic cloves, minced
- 3 tablespoons soy sauce
- **3 drops Lime+**

METHOD

Combine all ingredients and pour over protein in a shallow glass bowl or baking pan. Cover and refrigerate for at least 1–4 hours or overnight before grilling.

Discard marinade after use.

It's perfect for seasoning salmon, chicken, or beef.

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Salads & Soups



CUCUMBER SALAD

INGREDIENTS

- 1 large cucumber
- ½ small red onion
- 1 clove of garlic
- 4 tablespoons plant-based yoghurt alternative
- 2 tablespoons vinegar
- **1 drop Lemon+**
- **1 drop Dill+**
- Salt to taste
- ¼ bunch of dill

METHOD

Finely slice the cucumber.

Finely dice the onion.

Crush the garlic.

For the dressing: Mix together the yoghurt alternative, vinegar, salt, garlic and plus oils.

Separate the dill leaves from the stalks (either discard the stalks or save for soup) Roughly chop the dill and add to the dressing.

Mix the cucumber slices and diced onions with the dressing and serve.



GREEK-STYLE SALAD

INGREDIENTS

- 2 large tomatoes, chopped
- 1 cucumber, chopped
- 1 small red onion, sliced
- 90 g olives
- 90 g crumbled feta cheese
- 2 tablespoons extra-virgin olive oil
- **1 drop Oregano+**
- **1 drop Lemon+**
- Salt and pepper, to taste

METHOD

Combine the chopped tomatoes, cucumber, and red onion in a large salad bowl.

Add the olives and crumbled feta cheese.

In a small bowl, whisk together the olive oil, Oregano+, Lemon+, salt, and pepper.

Pour the dressing over the salad and toss to coat evenly.





REFRESHING AVOCADO SALAD

INGREDIENTS

- 2 ripe avocados, diced
- 150 g cherry tomatoes, halved
- 75 g cucumber, diced
- 30 g red onion, thinly sliced
- 2 tablespoons fresh coriander, chopped
- Juice of 1 lime
- 2 tablespoons extra virgin olive oil
- **1 drop Lemon+**
- **1 drop Basil+**
- Salt and pepper to taste

METHOD

In a large bowl, combine the diced avocados, cherry tomatoes, cucumber, red onion, and coriander.

In a small bowl, whisk together the lime juice, extra virgin olive oil, plus oils, salt, and pepper.

Pour the dressing over the avocado mixture and gently toss to combine.



SPRING PEA SOUP

INGREDIENTS

- 300g peas
- 1 onion, chopped
- 1 clove garlic, minced
- 500ml vegetable broth
- 15ml olive oil
- Salt and pepper, to taste
- **1 toothpick tip of Peppermint+**
- Greek yoghurt, for serving

METHOD

Heat olive oil in a large pot over medium heat.

Add chopped onion and minced garlic, and sauté until softened, about 5 minutes.

Add peas to the pot and stir to combine with the onion and garlic.

Pour in vegetable broth and bring to a simmer. Cook for about 10 minutes, or until the peas are tender.

Remove the pot from heat and let the soup cool slightly.

Using an immersion blender or regular blender, blend the soup until smooth and creamy. If using a regular blender, be careful when blending hot liquids.

Season the soup with salt and pepper to taste.

Add one toothpick tip of Peppermint+ to the soup and stir well.

Serve hot with a dollop of Greek yoghurt on top, if desired.

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Main Dishes



VEGAN HAWAIIAN POKE

INGREDIENTS

- 8 Roma tomatoes
- 120 ml soy sauce
- 4 tbsp mirin or white wine vinegar
- 3 tbsp sesame oil
- **1 drop of Ginger+**
- 1 sheet nori (torn into small pieces)
- 1/3 sweet onion
- Sesame seeds
- 3 stalks green onions (thinly sliced)
- White Rice (for serving)
- Edamame (for serving)

METHOD

Make the Marinade:

In a bowl, mix soy sauce, mirin or white wine vinegar, sesame oil, nori, sliced sweet onions, and a drop of Ginger+ until well combined. Set aside.

Prep and Cook the Tomatoes:

Fill a pot with water and bring to a boil. Prepare a large bowl of ice water. Add tomatoes to the pot and cook for 45-60 seconds, until skins start peeling. Remove with a spoon and immediately place in ice water.

Skin and Cut:

Once cooled, peel the tomatoes, slice into cubes. Remove the seeds and white parts, keeping just the flesh.

Marinate:

Add tomato cubes to the marinade, cover, and chill in the fridge for at least 2 hours, or for best results, overnight.

Serve:

Serve the marinated tomatoes over a bowl of cooked rice. Sprinkle with sesame seeds and green onions. Add optional toppings like seaweed salad or edamame for extra flavour!

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HOMEMADE RATATOUILLE

INGREDIENTS

- 1 large aubergine, diced
- 2 courgettes, diced
- 1 large onion, chopped
- 2 bell peppers (red and yellow), diced
- 4 tomatoes, chopped
- 3 cloves garlic, minced
- 2 tbsp olive oil
- **1 toothpick tip of Rosemary+**
- **1 toothpick tip of Thyme+**
- Salt and pepper to taste
- Fresh basil leaves for garnish

METHOD

Heat olive oil in a large skillet over medium heat. Add minced garlic and chopped onion, sauté until fragrant.

Stir in diced aubergine, courgettes, and bell peppers. Cook until vegetables are slightly tender.

Add chopped tomatoes and season with salt, pepper, and stir in a toothpick each of Rosemary+ and Thyme+ for an extra burst of flavour. Simmer for 10-15 minutes until vegetables are fully cooked.

Serve hot, garnished with fresh basil leaves.







Desserts



CITRUS-KISSED CHOCOLATE CHIP COOKIES

INGREDIENTS

- 90g unsalted butter
- **2-3 drops Lemon+**
- 110g brown sugar
- 50g golden sugar
- 1 egg
- ½ teaspoon vanilla extract
- 140g flour
- ¼ teaspoon bicarbonate soda
- 100g chocolate chips

METHOD

Melt the butter and add 2-3 drops of Lemon+.

Add brown and golden sugar. Mix and add egg and vanilla extract.

Mix again and add flour and bicarbonate soda.

Mix well and add chocolate chips mixing it in gently.

Use tablespoon to shape cookies on baking paper placed over your baking pan.

Bake at 190°C for 15 minutes.

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LEMON+ ETON MESS

INGREDIENTS

- 250 g strawberries, hulled and quartered
- 150 ml double cream
- 1 large meringue nest, crushed
- **1 drop Lemon+**

METHOD

Place quartered strawberries in a bowl and set aside.

In a separate bowl, whip the double cream until it forms soft peaks. Add 1 drop of Lemon+ and gently fold to combine.

Layer the whipped cream, strawberries, and crushed meringue nest in serving glasses or bowls.

Garnish with a few whole strawberries on top and enjoy your refreshing Lemon+ Eton Mess!

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From adding fruit flavours to your desserts to making salad dressings and refreshing drinks, we hope that Young Living Plus essential oils in the kitchen may become your inspiration to healthy and tasty cooking this season.

YOUNG  LIVING®
Plus Essential Oils