

Summer Social **DIY**

Lemon & Lime Guacamole

INGREDIENTS

- 2 ripe avocados, seeded and mashed with fork
- 1-2 T red onion, finely chopped
- 2 cloves garlic, crushed/minced
- 1/2 to 1 drops Lemon Vitality Essential Oil
- 1/2 to 1 drops Lime Vitality Essential Oil
- 1 small roma tomato, diced
- 1 t fresh cilantro leaves, finely chopped
- Salt to taste

DIRECTIONS

Add avocado to a small mixing bowl. Mix into the avocado the red onion, crushed garlic, diced tomatoes, chopped cilantro, and salt to taste. Add a little of the lemon and/or lime essential oil to taste.



Notes:

Lavender Lemonade



INGREDIENTS

- 14 cups warm water
- 1 cup lemon juice
- 1 cup demerara sugar
- 8 drops Lemon Vitality essential oil
- 1 drop Lavender Vitality essential oil

DIRECTIONS

Mix all ingredients in a gallon container. Stir until sugar is completely dissolved. Chill and serve over ice.

Notes:

Chicken Marinade

INGREDIENTS

- Juice of 2 limes
- 1/3 cup olive oil
- 1 clove garlic
- 1/2 cup lightly packed fresh cilantro leaves, chopped
- 1 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon red pepper flakes
- 1 teaspoon kosher salt
- 2 drops Black Pepper Vitality Essential Oil
- 2 drops Lime Vitality Essential Oil*



Mix the above ingredients together. Allow chicken to marinate for 2-6 hours.

*Avoid plastic when using citrus essential oils.

Notes:

Citrus Coconut Popsicles



INGREDIENTS

- 1 can of full-fat coconut milk
- 1 cup of orange juice or orange pineapple juice (Get Creative!!!)
- 1/3 cup (or to taste) agave or sweetener of choice
- 1-2 drops of Lime Vitality or Citrus Fresh Vitality Essential Oil

DIRECTIONS

Blend coconut milk, agave, and Lime Vitality Essential Oil. Pour mixture into popsicle mold, dividing evenly. Place in freezer for 10 minutes, then top with juice. Freeze again for 30 minutes. Insert popsicle sticks. Continue freezing until firm.

Notes:
