

Oil. Sip. Repeat.

RECIPE SHEET



Young Living takes great pride in making sure you get a HIGH-quality essential oil and backs that guarantee all the way from the seed of the plant to the sealed bottle of oil.

This includes their ingestible line of essential oils called the Vitality line. These oils have also been non-GMO project verified and have a distinct white label.

Use these recipes to enjoy your Vitality oils!

Wellness Tea



- 1-2 drops Thieves Vitality
- 1-2 drops Lemon Vitality
- Honey to taste
- 6-8 oz. hot water; tea bag optional

Heat water (or brew tea) to your liking. Add essential oils and honey. Stir well and enjoy!

Lavender Latte



- 2 oz. espresso
- 4 oz. whole milk
- 1-2 drops Lavender Vitality
- Dried lavender flowers (optional)

While the espresso is brewing, add the essential oil to cold milk. Warm the milk to approximately 150°F using a steam wand; allow the milk to froth slightly. Pour the steamed milk into the espresso. Sprinkle with dried lavender flowers if desired. Enjoy!

Coconut Thieves Tea



- 1 TBSP full-fat coconut cream
- 1-2 drops Thieves Vitality
- 1-2 tsp honey or sweetener of choice
- Tea bag of your choice
- 6-8 oz. hot water

While water is heating, mix coconut cream and essential oil in a mug. Stir in honey or sweetener. Carefully add hot water and drop in tea bag. Allow tea to steep for 3-5 minutes. Stir again and enjoy!

Rosemary Lavender Latte



- 1 cup oat milk
- 2 drops each of Rosemary & Lavender Vitality
- 1 TBSP honey
- 1 shot espresso

Combine milk, honey, and oils in a small saucepan and bring to boil. Prepare espresso. Froth the milk mixture and pour over espresso.

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Spiced Chai

- 1 drop Lemongrass Vitality
- 1 drop Ginger Vitality
- 1 drop Cardamom Vitality
- 1 Chai Tea bag
- Honey or sweetener to taste (optional)
- 6-8 oz. hot water
- 2 TBSP frothed milk (optional)

Once heated, add water to mug and drop in tea bag. While tea is steeping, froth milk. Remove the tea bag; add in essential oils and honey. Stir well. Add frothed milk to top and enjoy!



Peppermint Mocha

- 2 cups whole milk
- 2 cups strong brewed coffee
- 2 TBSP cocoa powder
- ¼ c sugar, adjusted to taste
- 1-2 drops Peppermint Vitality
- Chocolate syrup (optional)
- Whipped cream (optional)

Using a small saucepan, heat the milk over medium high heat. Continue to whisk the milk until it starts to bubble, careful not to let it burn. Add the brewed coffee. In a small bowl, whisk together the cocoa powder and sugar until no lumps are found. Add the mixture to the saucepan. Whisk the two together until a creamy texture is achieved. Pour into two coffee mugs and add 1-2 drops of Peppermint Vitality to taste. Add whipped cream and a chocolate syrup drizzle if desired. Enjoy!



Oil-Infused Creamer

- 1 can sweetened condensed milk
- 1 cup heavy cream
- 1 cup whole milk or half & half
- 4 drops Vitality oil(s) of choice

Combine ingredients and store in glass container. Invert before adding to beverage. Suggested Vitality oils to use: Peppermint, Cinnamon Bark, Cardamom, Nutmeg, Clove, Ginger, Thieves.



Oil-Infused Simple Syrup

- 1 cup sugar
- 1 cup water
- Vitality oil of choice (Lavender, Cardamom, Thieves, etc.)

Add sugar and water to small saucepan and warm over medium heat. Continue to stir until sugar dissolves. Allow to cool. Add in essential oil one drop at a time until desired taste is reached. Store in a sealed glass container and refrigerate until ready to use. Add 1-2 TBSP to brewed coffee and enjoy!



Oil-Infused Sugar

- 2-3 cups sugar
- 3-5 drops Vitality oil of choice (Orange, Tangerine, Peppermint, etc.)

Add sugar to airtight container and add in essential oil. Stir and allow to sit overnight. Add to coffee or tea as desired.



Cold Brew Oil-Infused Ice Cubes

- 2 cups cold brew coffee
- 2 drops Vitality oil of choice

Add essential oil to cold brew coffee and stir well. Pour into ice cube tray and allow to freeze completely. Add ice to cold brew or milk as desired. Enjoy!

