

# Thanksgiving Gathering



## PUMPKIN FLORAL Centerpiece

### NEEDED

- 1 pumpkin
- 1 block wet floral foam
- Fresh foliage and flowers for arranging
- 2 drops **Cinnamon Bark**
- 4 drops **Clove**
- Optional: florist's tape

### INSTRUCTIONS

1. Carve a hole around the stem of the pumpkin about the size of the floral foam block.
2. Scoop out as much of the seeds and fiber from the pumpkin, as possible.
3. Trim foam block to fit inside of your pumpkin. Remove from the pumpkin.
3. Fill a wide bowl with water, adding **Cinnamon** and **Clove**. Set foam block on surface of the water and allow to soak until wet all the way through.
4. If needed, secure wet foam in place with floral tape.
5. Arrange fresh foliage and flowers as desired, trimming stems at an angle so that they are sharp before pushing firmly into the foam.

NOTE: Switch out dry floral foam and dried flowers/foliage, skip step #4, add essential oils to the flowers/foliage, and create a reusable centerpiece.



## JALAPEÑO Cranberry Dip

### INGREDIENTS

- 1 – 12oz bag fresh cranberries
- 1-2 jalapeños, seeded and minced
- 1 bunch cilantro, chopped
- 2 limes, juiced
- $\frac{3}{4}$  cup sweetener of choice
- 8oz cream cheese
- 1 toothpick swirl **Cilantro**
- 1 toothpick swirl **Lime**

### INSTRUCTIONS

1. Combine cranberries, cilantro, **Cilantro** essential oil, and jalapeño peppers in a food processor. Pulse several times being careful not purée.
2. Spoon cranberry mixture into a bowl. Add lime juice, **Lime** essential oil, and sweetener. Stir.
3. Cover and refrigerate at least three hours (overnight is best).
4. Spoon cranberry mixture over a block of room temperature cream cheese, and serve with crackers, chips, and/or vegetables.



## ROSEMARY Mashed Potatoes

### INGREDIENTS

- 4 medium Yukon gold potatoes
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 small red onion, chopped
- 2 cloves garlic, minced
- 2 drops **Rosemary**
- $\frac{1}{2}$  cup milk
- Salt
- Fresh ground pepper
- (toothpick swirl of **Black** or **Pink Pepper**!)

### INSTRUCTIONS

1. Place potatoes in pot and cover with salted water. Cook 30 minutes or until tender and drain.
2. Add butter to potatoes and set aside.
3. Add olive oil and onions to skillet and cook until tender and translucent. Add garlic and cook for only a minute more, and immediately remove from heat.
4. Mash potatoes with the onion/garlic mixture. Add **Rosemary** carefully. Slowly add milk to desired consistency. Season with salt and pepper.

NOTE: If using **Black** or **Pink Pepper**, add slowly and remember you will get the flavor, without the flecks or the 'heat' sometimes associated with freshly ground black pepper.



## DIFFUSER Blends

### Grateful

- 1 drop **Ginger**
- 1 drop **Cinnamon**
- 2 drops **Coriander**
- 1 drop **Clove**

### Rosy Cheeks

- 2 drops **Citrus Bliss®**
- 3 drops **Holiday Joy**
- 2 drops **Breathe®**



## PUMPKIN Butter

### INGREDIENTS

- 1 – 29oz can 100% pure pumpkin (not pumpkin pie mixture)
- $\frac{2}{3}$  cup coconut sugar
- $\frac{1}{4}$  cup grade-A maple syrup
- $\frac{1}{2}$  cup unsweetened apple juice
- 1 teaspoon ground nutmeg
- 2 teaspoons lemon juice
- 1 toothpick swirl **Ginger**
- 1 toothpick swirl **Cinnamon Bark**
- 1 toothpick swirl **Clove**

### INSTRUCTIONS

1. Add all the ingredients, except essential oils, to a large saucepan over medium-high heat. Stir to combine.
2. Once mixture boils, reduce heat to a low simmer. Cook uncovered for 15-20 minutes, stirring occasionally.
3. Add essential oils, taste, and adjust spices as desired.
4. Cool completely and use immediately, or store in a glass container in the fridge for up to two weeks.
5. Add to scones, muffins, toast, waffles, pancakes, oatmeal, and more.

*NOTE: Not suitable for shelf-stable storage, pressure or water-bathing canning not advisable.*

## SWEET POTATO Casserole

### INGREDIENTS

- 4 cooked sweet potatoes, peeled
- $\frac{3}{4}$  cup canned coconut milk
- 1 tablespoon coconut oil
- $\frac{1}{4}$  cup grade-A maple syrup
- $\frac{1}{2}$  teaspoon ground nutmeg
- $\frac{1}{2}$  orange, juiced
- 4 drops **Cinnamon Bark**
- Salt and pepper to taste

### Pecan topping

- $1\frac{1}{2}$  cups chopped pecans
- 1 tablespoon melted coconut oil
- 1 tablespoon grade-A maple syrup

### INSTRUCTIONS

1. Place cooked sweet potatoes, coconut milk, coconut oil, maple syrup, nutmeg, orange juice, and **Cinnamon Bark** into large bowl.
2. With a mixer, blend until combined and sweet potatoes are smooth. Taste, and adjust syrup, salt, pepper, and/or **Cinnamon Bark**, as desired.
3. Spread into lightly greased 2-quart oven-safe dish, set aside.
4. Combine pecan topping ingredients until pecans are well coated. Sprinkle on top of sweet potato mixture.
5. Bake in a preheated 350° oven for 50-60 minutes, or until pecans have browned slightly, and potato mixture is set. Serve warm.

## APPLE Pie

### INGREDIENTS

#### Filling

- 5 cups apple, sliced
- $\frac{1}{4}$  cup sugar
- 1 pinch nutmeg
- $\frac{1}{2}$  teaspoon cinnamon
- 6 drops **Lemon**

#### Pie Crust

- 3 cups all-purpose flour
- 1 teaspoon salt
- $1\frac{1}{3}$  cup butter
- 1 egg
- 1 teaspoon vinegar
- 6-7 tablespoons ice cold water

### INSTRUCTIONS

*Makes TWO 9" pies*

Combine all filling ingredients in a saucepan big enough to hold everything. Cook on medium heat until it comes to a boil. Stirring constantly to avoid burning the sugar. Remove from the heat once it boils and set aside.

#### Prepare Pie Crust

1. Place flour, salt, and butter in a medium bowl, and crumb together until everything is incorporated and resembles pea sized sand.
2. Add egg and vinegar together and whisk thoroughly. Keep ice water separate.
3. Slowly incorporate egg mixture into dry ingredients, until just combined. Slowly add water, 1 TBSP at a time, until dough forms. Careful to not 'knead' the dough, just working in the water until no dry mixture remains. Divide into 4 portions.
4. Roll out all 4 dough portions into 12" circles. Place 2 into pie plates, set 2 aside.
5. Distribute filling evenly between both crusts.
6. Top each pie with top crust portion, and crimp and seal the crusts, between thumb and index finger, or with the tines of a fork. Cut a small slit in the center of the top crust of the pie.
7. Bake in a preheated 350° oven, with a cookie sheet on a lower rack to catch any overflow, for 50-60 minutes, or until golden brown.
8. Cool at least 30 minutes before cutting and serving.

