

## **Holiday Treats with doTERRA created by Rigel Smith**

### **Festive Cardamom Cranberry & Pistachio Bark**

#### *Ingredients:*

12 oz bag of dark chocolate chips  
1/2 cup shelled pistachios  
1/2 cup dried cranberries  
1 drop doTERRA cardamom oil  
sea salt to taste

*Directions:* Line baking sheet with parchment paper. Slowly melt chocolate in double boiler or microwave stirring every 30 seconds. Stir cardamom oil into melted chocolate. Spread out melted chocolate on lined baking until about 1/4 inch thick. Top chocolate with pistachios, cranberries, and a sprinkle of sea salt. Let chocolate harden. Once hardened, cut into smaller pieces and enjoy!

### **Cassia Spiced Clementines**

#### *Ingredients:*

8 clementines, peeled and segmented  
1 cup dark chocolate chips  
2 drops doTERRA wild orange essential oil  
1 drop doTERRA cassia essential oil  
Pink Himalayan sea salt

*Directions:* Line baking sheet with parchment paper. Slowly melt chocolate chips in double boiler or microwave stirring every 30 seconds. Stir essential oils into melted chocolate. Dip clementines into melted chocolate and place on lined baking sheet. Sprinkle with sea salt. Place in refrigerator until chocolate hardens. Serve and enjoy!

### **Peppermint Cocoa Popcorn**

#### *Ingredients:*

10 cups plain popped popcorn  
2 TBS melted coconut oil  
2 TBS cane sugar  
2 tsp unsweetened cocoa powder  
3 drops doTERRA peppermint essential oil  
sea salt to taste

*Directions:* Mix sugar, cocoa powder, & peppermint oil together. Drizzle melted coconut oil over popcorn. Sprinkle cocoa mixture over popcorn and mix well. Salt to taste.

### **Warming Turmeric Latte**

*Ingredients:*

1 cup almond milk or milk of choice  
1 tsp cinnamon or pumpkin pie spice  
1-2 drops doTERRA turmeric oil  
1 TBS collagen powder (optional)  
1/2 TBS butter (optional)  
honey to taste

*Directions:* Warm almond milk. Blend all ingredients into warmed milk using a blender or hand frother (preferred) until foamy. Serve in your favorite mug.

### **Wild Berry Essential Oil Spritzer**

*Ingredients:*

1/2 cup frozen berries  
1 cup sparkling water  
3 drops doTERRA wild orange essential oil

*Directions:* Add fruit and essential oil to glass. Top with sparkling water. Enjoy!

Access Recipe Video Tutorials here: <https://youtu.be/jLG6QaJXGkl>