

# Wild Orange Essential Oil

*Delights*



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# Wild Orange Essential Oil

## Joy bubbles in a bottle!

Wild orange is pure **joy bubbles** in a bottle! It is the oil that connects us with **childlike wonder** and **joy for life and living**. It is an oil that can assist us with calling in **abundance** in its many forms - health, peace, vitality, clarity and financial. Wild Orange can be used in water, food, diffuser and aromatic dressings... or add it to your purefume. Really, this oil is SO versatile! You can never have too much Wild Orange in your life!

A great **balancing essential oil** - if a blend does not feel or smell quite right, add a drop of Wild Orange - a perfect addition to most any blend.

When time is dragging, add a drop or two to your hands and inhale deeply for an energising, fresh, sweet aroma boost. Add to your water for a burst of flavour.

*In Joy and Love, Vanessa Jean*

To release the oil from the sample bottle, tip upside down and tap.  
1/2 drop oil comes at a time.



Wild Orange



# Wild Orange

HARMONY – MANIFESTATION – ABUNDANCE

My Gift to You is Joy.

*Affirmation: I choose to live joyously this day.*



Click book image to register your interest in the upcoming book "Gifts of the Essential Oils"

Orange is one of the most cultivated fruits in the world, grown in tropical and subtropical countries to cater for the huge demand of this much-loved citrus. When the peel is cold-pressed, it expresses its essential oil, which is a favourite in aromatherapy. You will find two types of Orange essential oil. The first comes from the bitter orange tree which gifts you Neroli and Petitgrain essential oils. The second is Wild Orange, also known as Sweet Orange. This is the variety we will explore here.

Wild Orange would be the essential oil that would take your hand and go skipping with you. It's why he is often nicknamed 'Joy Bubbles'! It is a challenge to stay grumpy when his joyous aroma encircles you. Wild Orange gives courage to step out of density and misery and choose to seek ways to feel better. Allow Wild Orange to return you to your natural state and reclaim that birthright of joy. Imagine feeling joy, giggling and smiling in life, just because you can. Wild Orange takes you there.

A deeper dive with Wild Orange can help you find long-lasting and sustainable happiness. He invites you to sit with him and take a moment to forget about the past, anything that has happened that induces stressful feelings, worries, and concerns, even stresses over the future. Wild Orange invites you to drop into the moment. In the here and the now, without dwelling on or indulging the past or future, you will find happiness resting within. True joy arises from the depth of your belly. It's not something that is given to you or comes from outside of you. Wild Orange connects with that happiness and ensures you carry it through every moment, so that you can enjoy every minute, every hour, every day, and every part of your life.

In this modern world, crammed full of overstimulating technology, thoughts, noise pollution, light pollution, radiation pollution and all other environmental pollutants of today, your body can sit in constant sympathetic (fight or flight) overdrive, feeling exhausted, depleted, and wrung out. This state was designed to be activated at times of danger, but too often gets stuck 'on'. Wild Orange will take you back to a resting state. He allows you to sit back and enjoy the journey of each day, embracing the special moments that arise spontaneously, rather than feeling you must trudge through the muddy challenges before you or obsessively work yourself to exhaustion.

In a state of joy, he invites you to open to all the facets of abundance. Wild Orange can potentially bring more love, money, luck, friends or opportunities into your sphere. He stimulates the sacral chakra allowing your creativity to blossom. Many ideas are abandoned due to a fear of losing money, security or reputation, but Wild Orange reminds you that the best fruits are on the end of the branch and that all great achievements require some risk. He encourages you to follow your own heart and walk to the beat of your own drum. Wild Orange dives into the game of life with you, bravely and boldly joining you as you ride every bump on the road to glory and triumph!

*Extract from "Gifts of the Essential Oils" - by Adam Barralet and Vanessa Jean Boscarello Ovens*

# Raw Chocolates

## *A Return to Love* BASE RECIPE

1 cup cacao powder

1 cup coconut oil, liquified

1/2 cup wholefood sweetener (e.g. maple syrup, honey) - or  
to taste

Pinch Celtic sea salt or Himalayan salt

### OPTIONS

12 drops Wild  
Orange essential oil

See "Essential Oils  
for Sweet Treats"  
for other essential  
oil options.

Seeds: sunflower,  
hemp, pepitas.

Nuts: cashew,  
Brazil, almond,  
walnut.



# Wild Orange Bliss Balls



8 - 10 medjool dates

1 tbsp coconut oil (or a little less)

4 - 6 drops Wild Orange essential oil

1/2 cup shredded coconut

1 cup cashew nuts (or any nuts or seeds)

Optional: 1/4 cup raw cacao powder

*Blitz to desired consistency and roll into balls then refrigerate. Optional: roll in cacao powder or shredded coconut.*

# Raw Biscuits

A close-up photograph of several round, dark brown raw biscuits arranged on a light-colored wooden cutting board. Each biscuit is topped with a smooth, dark chocolate dipping sauce and a small cluster of walnuts. The biscuits have a textured, slightly crumbly appearance. In the background, more biscuits are visible, some on a blue surface. A decorative blue circular frame with intricate scrollwork surrounds the title text in the upper left corner.

Bliss Ball base.

Raw chocolate dipping sauce top.

Nuts and seeds to decorate.

*Keep refridgerated.*



# Wild Orange Cinnamon Mousse

1.5 cups soaked cashews - soak for 2 hours then drain off the water

10 soaked dried figs - set water aside to use to smooth out the mousse

1/3 cup raw cacao powder


15 drops Wild Orange essential oil

4 drops Cinnamon Bark essential oil

Maple or coconut syrup to taste

Consider using Tangerine or Green Mandarin essential oils.

*Blend together to desired texture.*



# Nut Slab

- 1 cup walnuts
- 1/2 cup Brazil nuts
- 1 cup cacao powder
- 1 cup coconut oil, liquified
- 1 cup honey, raw and unprocessed
- 3 drops Cassia essential oil
- 2 drops Cinnamon Bark essential oil
- 10 drops Wild Orange essential oil
- Generous 3 finger pinch of Himalayan or Celtic salt

*Blitz nuts first to a chunky texture in a food processor or Thermomix.*

*Then add remaining ingredients.*

*Blend on medium speed until combined.*

*Pour onto a lined baking tray.*

*Set in the fridge or freezer.*



# Wild Orange Banana Smoothie

2 bananas

1 tsp -1 tbsp spirulina powder, to taste

4 medjool dates

1 - 2 tsp cinnamon

1 tsp vanilla powder

1 tsp maca

2 drops Wild Orange essential oil

1 - 2 cups almond milk

(or nut/seed milk of your choice)

Optional: frozen organic berries

.....

*Blitz together.*

*Drink.*

*Enjoy!*

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# Wild Orange Crispy Bliss Balls

1 cup cashews

Pinch of Celtic or Himalayan salt

1/4 cup activated buckwheat or bukinis

1 tbsp chia seeds

13 medjool dates, pitted

3 dried figs

1 tbsp coconut oil

1 tsp ground cinnamon

1/4 cup raw cacao powder

10 drops Wild Orange pure essential oil

You could also add one drop of Cassia or Cinnamon Bark essential oil to this.



Blitz in a food processor.

Roll into balls and set in the fridge.

Optional: roll into cacao, ground cinnamon or activated buckwheat.

# Wild Orange Cacao Dates

Medjool dates

Cacao beans

Wild Orange essential oil

Carefully pit the medjool dates, taking care not to “mush” them.

Add 1 drop of Wild Orange essential oil to the open date, then insert the cacao bean and make it as a “sandwich” or leave them in halves.



# Raw Chocolate Dipping Sauce



Using the delicious raw chocolate recipe in this eBook, keep the chocolate liquid to create an incredible dipping sauce.

Use seasonal fruits, dip and enjoy.

Alternatively, dip the fruits and then allow the chocolate to set in fridge.

Optional: also dip in nuts, seeds, coconut.

# Wild Orange Chia Dream



1/2 cup chia seeds

2 bananas

1 persimmon (+1 for the topping)

1/2 cup Brazil nuts, soaked overnight

1 tsp vanilla extract

1 tsp acai berry powder (optional)

Raw honey to taste (optional)

Coconut milk

(or coconut water if you prefer)

1 tbsp pure water

2 drops Wild Orange Essential Oil

*Combine then halve the mixture. In one half,  
mix 1 tbsp raw cacao powder.*

*Place both mixtures in the fridge to set.*

# Fennel & Orange Salad

## SALAD

Fennel bulb, sliced  
Orange, cut into slices  
Optional: sprinkle with  
pistachios

## DRESSING

Extra virgin olive oil or  
avocado oil  
2 drops Wild Orange  
essential oil  
1 drop Black Pepper  
essential oil  
Apple cider vinegar  
(or fig vinegar is gorgeous)  
Pinch Celtic sea salt to taste



# Cacao Elixir



This is a nourishing and nurturing elixir, perfect before meditation and sleep. It opens the heart center and expands the mind for creative flow.

1 litre coconut milk  
1 litre coconut water  
1 – 2 tbsp cacao powder  
Cayenne – pinch  
2 cinnamon quills  
1 tsp ground cinnamon  
6 cardamom pods  
2 star anise  
4 medjool dates or 2 dried figs

#### Essential oils you could infuse:

Cinnamon Bark  
Cassia  
Cardamom  
Protective Blend  
Black Pepper/Pink Pepper  
Ginger  
Wild Orange  
Green Mandarin  
Tangerine  
Spearmint  
Peppermint

Optional sweeteners: raw honey, coconut syrup, maple syrup, coconut sugar or rapadura sugar (add these after heating). I don't add sweetener as I find the dates and coconut milk are sweet enough.

Let this stand for 2 - 4 hours then gently heat. Take out the quills, pods and star anise then gently blend in a food processor so the dates are combined.

Note: I love to grind the cardamom seeds in a mortar and pestle and include in the elixir. Makes 2 litres.



## ESSENTIAL OILS

# for Sweet Treats

Only use pure essential oils.  
I use and recommend dōTERRA essential oils.

### Spices

Black Pepper, Cardamom, Cassia, Cinnamon Bark, Clove Bud, Juniper Berry, Pink Pepper, Protective Blend, Star Anise, Turmeric

### Herbs

Lemon Myrtle, Peppermint, Spearmint

### Roots

Ginger, Vetiver

### Citrus

Bergamot, Clementine Grapefruit, Green Mandarin, Kumquat, Lemon, Lime, Red Mandarin, Tangerine, Wild Orange

### Floral

Geranium, Lavender, Rose

### Resin

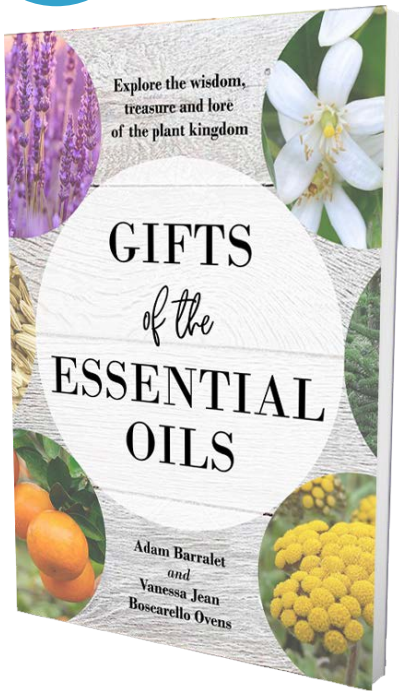
Frankincense

### Tips

- 👉 A little goes a long way - add toothpick by toothpick or drop by drop
- 👉 Check for taste
- 👉 Wild Orange, Cinnamon Bark, Clove & Cardamom add natural sweetness (known as false sweeteners)
- 👉 Freezing food reduces the essential oil intensity

# Upcoming Releases

1



**Dive deep into the spiritual aspects of the plant kingdom!**



Click book image to register your interest in the upcoming book "Gifts of the Essential Oils" by Adam Barralet and Vanessa Jean Boscarello Ovens

2



**Recipe book with Chef Sophie Budd & Vanessa Jean Boscarello Ovens**

Register your interest in the upcoming recipe book.



**REGISTER HERE**



For more delicious recipes incorporating dōTERRA pure essential oils, please visit



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