

Strawberry and Almond Salad

Make your summer fresh and tasty with this strawberry, almond salad with Lemon essential oil. We've paired this salad with a zesty raspberry-lime vinaigrette that will work perfect on those warm summer nights with the family.



Servings: 2

Ingredients

280g baby spinach

50g strawberries, cut in thick slices

½ cup sliced almonds, toasted

½ cup fat free feta cheese

Raspberry Vinaigrette

2-4 drops Lemon essential oil

450g fresh raspberries

1 tablespoon honey

2 tablespoons dijon mustard

2 tablespoons red wine vinegar

¼ cup olive oil

Instructions

In small bowl, mash raspberries.

Add remaining vinaigrette ingredients and mix using whisk until combined.

Chill vinaigrette for 30 minutes.

Toss salad ingredients with raspberry vinaigrette.

Tip: Refrigerate remaining vinaigrette for up to two weeks.

Source: dōTERRA Australia Blog

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JOANNA RUSLING

Grilled Chicken Marinade

Fire up the grill and add a little extra flavour and savour to your next BBQ with Summer Savory essential oil!

This marinade for grilled chicken is simple and delicious. Summer savory is a bushy annual herb often used in cooking.

Its warm aroma is sometimes compared to Oregano or Thyme



Servings: 4-6

Ingredients:

1 lemon, juiced

2 tablespoons olive oil

1 clove garlic, chopped

1 teaspoon salt

¼-½ teaspoon fresh ground black pepper

1 drop Summer Savory essential oil

2-4 boneless, skinless chicken breasts

Optional: ¼ teaspoon ground mustard

Instructions:

Prepare marinade by adding lemon juice, olive oil, garlic, salt, pepper, and Summer Savory essential oil in a large bowl or food storage container with lid and mix together.

Add chicken to marinade and shake to completely cover the chicken in marinade.

Place in the refrigerator to marinate, occasionally shaking the container. Let the chicken marinate for at least 3 hours up to 12 hours.

Remove from the refrigerator 5-15 minutes before grilling.

Grill chicken on a medium to medium high temperature for about 5-7 minutes on each side or until cooked through.

Enjoy!

Tip: Consider serving Grilled Summer Savory Lemon Chicken with quinoa, brown rice or roasted vegetables.

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JOANNA RUSLING

Zucchini Tomato and Basil Salad

Dress your summer up with this delicious and fresh salad perfect for a warm summer's night. There's nothing like family coming together, having a BBQ and enjoying a colourful mix of salads.

Servings: 2

Ingredients

¼ cup white wine vinegar
2 tablespoons extra virgin olive oil
1 drop Basil essential oil
2 drops Lemon essential oil
1 clove garlic, finely minced
1 tablespoon minced shallot
2 medium zucchinis,
ends removed and discarded
8 large fresh basil leaves, sliced thin
220g cherry tomatoes
in a variety of colours,
sliced in half lengthwise
140g small fresh mozzarella balls
Salt and pepper, to taste



Instructions

Dressing

In a small jar, combine white wine vinegar, extra virgin olive oil, Basil essential oil, Lemon essential oil, garlic, and shallot. Screw the lid to the jar on tightly, then shake until well mixed. Set aside.

Salad

Using a vegetable spiralizer, prepare the zucchini using the straight blade according to manufacturer's recommended instructions. Alternatively, slice the zucchini into ribbons using a vegetable peeler or a mandolin.

In a mixing bowl, toss the zucchini with the basil. Transfer to a large serving platter. Arrange the tomatoes and the mozzarella on top of the bed of zucchini. Pour the dressing on top of the prepared salad, then sprinkle the top with salt and pepper to season.

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