

THE PUMPKIN SPICE COLLECTION

A recipe book

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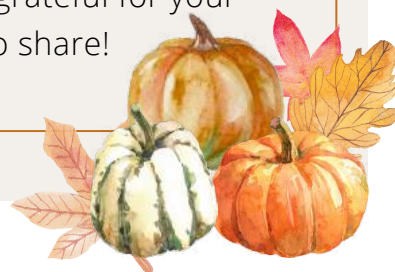
Disclaimer

These recipes have been gathered from all across Young Living membership! Many of them have been saved, shared, copied, reposted and shared again on every platform so many times that the original author has been long since lost.

If you contributed to this body of Young Living knowledge, my gratitude is endless!

Let me know if any recipe in here was yours so credit can be given.

I raise a shot of NingXia in your honor – we are ALL grateful for your creativity, thoughtfulness, and willingness to share!





Did you know?

BURNING A CANDLE FOR THREE HOURS IS THE EQUIVALENT OF SMOKING A CIGARETTE. IT FILLS YOUR LUNGS WITH CARCINOGENS AND HARSH CHEMICALS!

You would have to spend over \$675 on a popular brand of jarred candles to get the same amount of "burn time" that your essential oil starter kit provides for \$165?

A large jar candle (the largest, most economical size) at \$29.50 burns for approximately 110 – 150 hours (filling your house and your lungs with toxins the whole time, causing headaches, nausea, endocrine disruption and accelerated aging – and definitely not safe around children or pets!).

A JUMBO PUMPKIN SPICE DIFFUSER BOMB (RECIPE ON PAGE 4) COSTS \$22.26 TO MAKE AND RUNS FOR APPROXIMATELY 400 HOURS!

Meanwhile it provides purifying, health-stimulating benefits, clears the air, freshens our lungs, works positively in our brains and smells absolutely fragrant. And the diffuser can be used over, and over, and over again rather than discarding glass jar after glass jar!

**THERE IS JUST NO COMPARISON!
ESSENTIAL OILS WIN EVERY TIME.**

JUMBO Pumpkin Spice DIFFUSER BOMB



EMPTY 15mL BOTTLE

40 DROPS CINNAMON BARK ESSENTIAL OIL

40 DROPS CLOVE ESSENTIAL OIL

30 DROPS ORANGE ESSENTIAL OIL

30 DROPS NUTMEG ESSENTIAL OIL

20 DROPS GINGER ESSENTIAL OIL

Remove cap and drop reducer (use cap as a tool to remove drop reducer so you do not need to touch it with your hands), set aside.

Carefully drop oils into the empty 15mL bottle. Return cap can drop reducer as one unit. (keep drop reducer IN the cap, so you still do not need to touch it with your hands).

Gently swirl clockwise to combine oils.

LABEL the bottle so you don't forget what's in it, and place in a handy area for refilling your diffuser!



Approximately 4 drops are recommended, but use more or less as you desire.



DIFFUSER BOMB Variations

SLEEPY TIME

30 drops Cedarwood
30 drops Lavender
30 drops Bergamot
15 drops Vetiver

IMMUNE SUPPORT

fits in a 5mL bottle
30 drops Frankincense
30 drops Thieves™
30 drops Lemon

INDIAN SUMMER CREAMSICLE

40 drops Orange
60 drops Stress Away™

FALL BARBECUE ROOT BEER FLOAT

fits in a 5mL bottle
30 drops PanAway™
70 drops Stress Away™



Vitality COOKING BOMBS



MAKE THESE
THE SAME
WAY YOU
MAKE
DIFFUSER
BOMBS –
BUT STORE
THESE IN
YOUR
KITCHEN
FOR HANDY
COOKING!

ITALIAN SEASONING VITALITY BOMB

Fits in a 5mL bottle

- 18 drops Basil Vitality**
- 12 drops Oregano Vitality**
- 12 drops Parsley Vitality**
- 12 drops Rosemary Vitality**
- 12 drops Marjoram Vitality**
- 12 drops Cilantro Vitality**
- 12 drops Thyme Vitality**
- 6 drops Sage Vitality**

Use as desired in marinara, spaghetti sauce, pizza sauce, and other recipes calling for herbs or Italian seasonings.

Be sure to add onion, garlic and red pepper to your final dish!



BEEF STEW VITALITY BOMB

Fits in a 5mL bottle

- 20 drops Celery Seed Vitality**
- 20 drops Black Pepper Vitality**
- 20 drops Fennel Vitality**
- 20 drops Parsley Vitality**

Use approximately 1 drop of the Beef Stew Vitality Bomb per quart of stew, bean soup (or use to make a vinaigrette dressing!).

Vitality bombs and diffuser bombs are a GREAT way to make your oils last even LONGER – for instance with the Italian seasoning blend, you can get all the flavors of basil, oregano, parsley, rosemary, marjoram, cilantro, thyme and sage all at once without using an entire drop of each oil!

Your bottles of oil will last a much longer time, and you will get the flavor in every bite!



Vitality COOKING BOMBS

PUMPKIN SPICE VITALITY BOMB

40 drops Cinnamon Bark Vitality Oil

40 drops Nutmeg Vitality Oil

40 drops Ginger Vitality Oil

40 drops Clove Vitality Oil

Replace dry, dusty pumpkin spice mix in any recipe with this delicious combination of oils! Use 2 – 4 drops per teaspoon of pumpkin pie spice, or as desired. Store in an empty 15mL bottle (LABEL it!).

IDEALLY,
WAIT UNTIL
THE END OF
THE
COOKING
PROCESS TO
STIR IN THE
OIL TO
PRESERVE
MAXIMUM
HEALTH
BENEFITS!



FOR MULLED CIDER KOMBUCHA

Mix equal parts cold kombucha and cold cider.

Add Mulled Cider Blend to taste, shake gently and serve.

MULLED CIDER BLEND VITALITY BOMB

35 drops Orange Vitality

35 drops Lemon Vitality

12 drops Clove Vitality

12 drops Cinnamon Bark Vitality

12 drops Nutmeg Vitality

Heat 2 quarts organic apple cider and add 4 — 8 drops of the Vitality blend to taste. Add slices of orange and cinnamon sticks for garnish if desired!





Diffuser BLENDS



PUMPKIN SPICE

3 drops Clove essential oil
3 drops Cinnamon Bark oil
2 drops Nutmeg essential oil
1 drop Ginger essential oil
2 drops Orange essential oil

MARSHMALLOW FIRESIDE

1 blob Vetiver essential oil (about 3 drops)
4 drops Stress Away essential oil
4 drops Northern Lights Black Spruce essential oil
2 drops Peppermint essential oil

FALL FOREST

4 drops Cypress essential oil
2 drops Idaho Blue Spruce essential oil
2 drops Sandalwood essential oil

AUTUMN AFTERNOON

4 drops Christmas Spirit blend
2 drops Clove essential oil
3 drops Jade Lemon essential oil

SACRED SOLSTICE

3 Sacred Angel blend (RARE)
3 Sacred Sandalwood oil
3 Sacred Frankincense

THANKSGIVING

3 drops Christmas Spirit blend
3 drops Clove essential oil
3 drops Lemon essential oil

CAMPFIRE DONUT CANDLE



3 drops Stress Away blend
2 drops Cinnamon Bark oil
2 drops Orange essential oil
2 drops Cedarwood essential oil

I'VE BAKED ALL DAY

2 drops Nutmeg essential oil
2 drops Cinnamon Bark essential oil
1 drop Orange essential oil
3 drops Stress Away blend

GINGERBREAD COOKIES

2 drops Cinnamon Bark oil
5 drops Ginger essential oil
1 drop Orange essential oil
1 drop Nutmeg essential oil

PUMPKIN MUFFIN

1 drop Clove essential oil
4 drops Cinnamon Bark oil
1 drop Nutmeg essential oil
2 drops Stress Away blend

PUMPKIN PIE

3 drops Cinnamon Bark oil
2 drops Orange essential oil
3 drops Clove essential oil
2 drops Cardamom essential oil





Diffuser BLENDS

When you find a diffuser blend you just LOVE – stop and make a diffuser bomb!

Just multiply the recipe a few times and combine all the oils in an empty 5mL or 15mL bottle, and return the drop reducer to the top.

Then, if you like, you are able to get the same ratio of oils, but diffuse a little less at a time and make your oils last even LONGER!

Be sure to LABEL your diffuser bomb – sometimes I include the recipe on the label, just in case!

WALK IN THE WOODS

3 drops Northern Lights Black Spruce essential oil
2 drops Idaho Balsam Fir oil
2 drops Cypress essential oil
1 drop Cedarwood essential oil
2 drops Nutmeg essential oil
2 drops Ginger essential oil

CINNAMON ROLLS

2 drops Citrus Fresh essential oil
4 drops Cinnamon Bark oil
2 drops Cardamom essential oil
2 drops Nutmeg essential oil

ANTHROPOLOGIE CHRISTMAS

@ascent.oils

2 drops Grapefruit essential oil
2 drops Christmas Spirit blend
2 drops Northern Lights Black Spruce essential oil
2 drops Cedarwood essential oil

SPICED CHAI

4 drops Cardamom essential oil
2 drops Cinnamon Bark oil
2 drops Clove essential oil
1 drop Ginger essential oil

ORCHARD WALK

@oildesignco

4 drops Bergamot essential oil
4 drops Lemon essential oil
4 drops Northern Lights Black Spruce essential oil

HARVEST BLEND

by NaturalLivingFamily.com

3 drops Tangerine essential oil
2 drops Cassia essential oil
1 drop Clove essential oil

HOME IS WHERE MY HEART IS

@bottleofthyme

4 drops Sacred Mountain blend
4 drops Bergamot essential oil
4 drops Cinnamon Bark oil

FRESH BAKED COOKIES

@the_apothecarie_society

4 drops Thieves blend
4 drops Stress Away blend



Diffuser BLENDS

HYGGE BLENDS

by @oil.and.feathers

MARSHMALLOW CAMPFIRE

- 4 drops Stress Away blend
- 3 drops Cinnamon Bark oil
- 2 drops Northern Lights Black Spruce essential oil
- 2 drops Orange essential oil
- 1 drop Cedarwood essential oil



APPLE TURNOVER

- 3 drops Lemon essential oil
- 2 drops Cinnamon Bark oil
- 2 drops Clove essential oil

BUTTERBEER

- 3 drops PanAway blend
- 4 drops Stress Away blend
- 2 drops Copaiba essential oil
- Cider Donuts
- 3 drops Stress Away blend
- 2 drops Thieves blend

SWEATER WEATHER

- 4 drops Eucalyptus essential oil
- 3 drops Juniper essential oil
- 2 drops Idaho Blue Spruce oil
- 1 drop Sage essential oil



AUTUMN LEAVES

- 4 drops Pine essential oil
- 3 drops Cinnamon Bark oil
- 2 drops Cedarwood essential oil
- 2 drops Orange essential oil

OATMEAL COOKIES

- 2 drops Cassia essential oil
- 3 drops Cedarwood essential oil
- 3 drops Orange essential oil

STARBUCKS DIFFUSER BLENDS

by @gritsgraceco

PUMPKIN SPICE LATTE

- 3 drops Cinnamon Bark oil
- 3 drops Clove essential oil
- 3 drops Nutmeg essential oil



VANILLA SPICE LATTE

- 4 drops Stress Away blend
- 3 drops Cinnamon Bark oil
- 3 drops Copaiba essential oil

CARAMEL APPLE SPICE

- 4 drops Bergamot essential oil
- 4 drops Nutmeg essential oil
- 3 drops Cinnamon Bark oil
- 3 drops Stress Away blend
- 2 drops Tangerine essential oil

CHAI TEA LATTE

- 4 drops Cardamom essential oil
- 3 drops Clove essential oil
- 2 drops Cinnamon Bark oil
- 2 drops Ginger essential oil

GINGERBREAD LATTE

- 4 drops Ginger essential oil
- 4 drops Clove essential oil
- 2 drops Thieves blend

MEDICINE BALL

- 4 drops Peppermint essential oil
- 3 drops Jade Lemon essential oil
- 3 drops Lemon essential oil

EGGNOG LATTE

- 4 drops Nutmeg essential oil
- 3 drops Stress Away blend
- 3 drops Cinnamon Bark oil





Diffuser BLENDS

SUN LAMP – TO COMBAT SAD

- 4 drops Orange essential oil
- 4 drops Bergamot essential oil
- 4 drops Citrus Fresh essential oil
- 5 drops Valor essential oil

CARAMEL APPLES

- 2 drops Nutmeg essential oil
- 2 drops Copaiba essential oil
- 3 drops Lime essential oil
- 4 drops Bergamot

OWAY SALON

@the_apothecarie_society

- 4 drops Orange essential oil
- 2 drops Fennel essential oil
- 1 drop Ylang-Ylang essential oil
- 1 drop Patchouli essential oil
- 1 drop Vanilla extract

SPICED CIDER

- 2 drops Thieves essential oil blend
- 3 drops Orange essential oil



Sometimes when you have been diffusing for hours, you can't smell it anymore!

But then someone will walk into your house and marvel at how good it smells, or you will go outside to take out the trash and come back in and realize how delicious it is!

This is because the oils are natural, not synthetic. They work harmoniously with our bodies!

FALL LEAVES

- 4 drops Patchouli essential oil
- 1 drop Orange essential oil
- 1 drop Ginger essential oil
- 2 drops Idaho Balsam Fir oil

Roller BLENDS

COZY FLANNEL ROLLER

- 4 drops Bergamot essential oil
- 3 drops Orange essential oil
- 2 drops Stress Away essential oil
- Fractionated coconut oil
or V-6 Carrier Oil

Add essential oils to a 10-mL roll-on bottle and swirl clockwise to combine. Add enough carrier oil to fill to shoulder, leaving room for roll-top; add top, cap, and tilt to combine.

SACRED SOLSTICE ROLLER

by Celeste McLean

- 11 drops Sacred Angel blend (RARE)
- 11 drops Sacred Sandalwood essential oil
- 11 drops Sacred Frankincense essential oil

Combine in a 10mL roller and add carrier oil, label and enjoy! add top, cap, and tilt to combine.





Household RECIPES

PUMPKIN SPICE HOUSEHOLD CLEANER

15 oz distilled water
 1 capful Thieves Cleaner Concentrate
 10 drops Orange Essential Oil
 5 drops Cinnamon Bark Essential Oil
 2 drops Clove Essential Oil
 2 drops Nutmeg Essential Oil
 2 drops Ginger Essential Oil

Place oils in 16-oz glass spray bottle.
 Add 15 oz water, then add capful Thieves Cleaner. Tilt gently to combine.
 Dry thoroughly and affix label.

DIY FALL SPICE FOAMING HAND SOAP

5 drops Clove essential oil
 5 drops Cinnamon Bark essential oil
 5 drops Nutmeg essential oil
 3 tablespoons Dr. Bronner's Unscented castile soap
 1 tablespoon vegetable glycerin

Add castile soap and vegetable glycerin to a foaming hand soap container. Add essential oils; fill with water, leaving room for pump, add pump, and gently shake to combine.

PUMPKIN SPICE THIEVES HAND SOAP

1 foaming dispenser of Thieves Hand Soap
 3 drops Orange essential oil
 2 drops Cinnamon Bark essential oil
 1 drop Clove essential oil
 1 drop Nutmeg essential oil
 1 drop Ginger essential oil

Add oils to foaming hand soap. Return pump top, tilt to combine.

CRISP AUTUMN ROOM SPRAY

2 oz glass bottle
 10 drops Orange essential oil
 10 drops Patchouli essential oil
 2 drops Clove essential oil
 2 oz Witch Hazel

Add oils to bottle, fill rest of the way with Witch Hazel. Cap and shake to combine.



ORANGE-VANILLA EXFOLIATING SCRUB

1/3 cup granulated organic sugar
 2 tablespoons coconut oil
 8 drops Orange essential oil
 1/8 teaspoon vanilla extract

Add sugar, orange oil and vanilla extract to a small bowl. Stir to combine. Add coconut oil; mix thoroughly, and store in a 4 oz glass jar with lid.



TASTY *Beverages*



PUMPKIN SPICE FRAPPUCCINO

by Andrea Rosenbohm

2 cups cooled coffee
2 tablespoons Vanilla Spice Pure Protein Complete
¼ cup organic pumpkin puree
Ice

Blend ingredients thoroughly. Go wild with the whipped cream and caramel drizzle!

PUMPKIN SPICE COCOA WARMER

2 cups milk (raw dairy, organic coconut, almond, a mixture – your choice)
2 tablespoons pumpkin puree
2 tablespoons raw cacao powder
1 teaspoon chocolate extract
1 teaspoon nutritional yeast
1 teaspoon vanilla extract or powder
1 drop Cinnamon Bark Vitality Oil
1 drop Nutmeg Vitality Oil
1 drop Ginger Vitality Oil
1 drop Clove Vitality Oil



Combine all ingredients in a quart mason jar and shake or whisk vigorously. Set in a small pan of water with canning rings on the bottom to keep jar from touching bottom of pan. Gently heat, whisking; enjoy!

HEALTHY(ER) PUMPKIN SPICE LATTE RECIPE

by Natural Living Family

5 oz organic coconut cream
½ cup freshly brewed organic coffee
¼ cup pure organic pumpkin puree
2 tablespoons organic coconut oil
2 tablespoons organic, grass-fed butter or ghee
2 droppers Vanilla Stevia
1 drop Cinnamon Bark Vitality
1 drop Clove Vitality
1 drop Ginger Vitality
Organic pumpkin pie spice for garnish (optional)



Add all ingredients to Vitamix and blend well. Pour into a coffee mug and garnish; enjoy!

TURMERIC LATTE

350ml almond milk
1/4 tsp golden turmeric
1/4tsp ground cinnamon
1/4 tsp ground ginger
1/2 tsp vanilla extract
1 tsp maple syrup
Grind of black pepper

Put all of the ingredients into a saucepan & whisk constantly over a gentle heat. Once hot, pour into mugs & sprinkle with a little more cinnamon to serve.



TASTY *Beverages*

HOLIDAY SPICED CIDER

6 cups apple cider
2 cups pineapple juice
5 drops Clove Vitality Oil
5 drops Cinnamon Bark Vitality Oil
5 drops Tangerine Vitality Oil

Add all ingredients to a 3-quart kettle or slow-cooker. Turn stove or slow-cooker to medium and enjoy when piping hot!

SPICED CIDER

1-gallon organic apple cider
6 drops Orange Vitality
2 drops Thieves Vitality
1 drop Nutmeg Vitality
1 drop Cinnamon Bark Vitality

Add all ingredients to a crockpot and heat on Medium. This is a HUGE hit at events! You can also add NingXia for a Cider Punch!

CIDERED SPICED KOMBUCHA

A quart of plain kombucha
Vitality Ginger, Clove, Nutmeg, Black Pepper and Cinnamon Bark to taste.

Pour quart of kombucha into a half-gallon jar or growler and add a quart of apple cider. Cap and tilt gently to combine. Add Vitality oils to taste.

ICED SLIQUE TEA LATTE

by Andrea Huehnerhoff

2 Slique Tea bags
1 pint boiling water
Ice cubes to fill half a quart jar
Cold water
1/4 cup unsweetened almond or cashew milk
1 to 2 generous pinches Pink Himalayan Sea Salt
1 to 2 teaspoons vanilla or caramel extract
2 to 4 pinches Pure Stevia Extract or 2 to 3 teaspoons Super Sweet Blend, or sweeten to your own taste
1 drop Cinnamon Bark Vitality oil
1 drop Black Pepper Vitality oil

Steep the Slique Tea in hot water. (*You can reuse these bags at least 2 times!*) Meanwhile, blend other ingredients, not including ice or cold water.

Add ice to a quart jar or large tumbler, pour in concentrate and add hot tea. Top with cold water to fill. Stir gently and enjoy!

JINGLE JUICE

Cidered Spiced Kombucha
1 can of Zyng
2-4 ounces Ningxia
Ice

Fill a jar or tumbler 25% with crushed ice. Add enough cidered kombucha to fill halfway; add 1 can of Zyng and 2 - 4 ounces Ningxia.


JINGLE ALL THE WAY!



TASTY *Beverages*

PALEO PUMPKIN SPICE

CREAMER

- 
- ¼ cup raw almonds
 - ¼ cup raw cashews
 - 2 cups water
 - 1 drop Nutmeg Vitality Oil
 - 1 drop Ginger Vitality Oil
 - 1 drop Clove Vitality Oil
 - 1 drop Cinnamon Vitality
 - ½ cup full-fat organic coconut milk
 - ¼ cup organic pumpkin puree
 - Optional: 1 teaspoon vanilla extract of
vanilla powder

SWEET FALL SPICE

CREAMER

- Thoroughly combine:
- 1/2 can organic sweetened condensed
milk
- 1 cup organic raw cream
- 1 cup organic half-and-half (We use raw or
low- heat pasteurized dairy!)
- 1 teaspoon vanilla or caramel extract
- 2 drops Clove Vitality Oil
- 2 drops Cinnamon Bark Vitality Oil
- 2 drops Ginger Vitality Oil

COMBINE ALL OF THE INGREDIENTS IN A HIGH-SPEED BLENDER. BLEND ON HIGH UNTIL VERY SMOOTH. STRAIN WITH CHEESECLOTH IF NEEDED. TRANSFER TO AN AIR TIGHT CONTAINER AND STORE IN THE FRIDGE! TO SERVE, WARM DESIRED AMOUNT AND FROTH BEFORE ADDING TO CHOFFY OR COFFEE!

BEVERAGES

Dairy Free

WHOLE30-APPROVED PUMPKIN SPICE NON-DAIRY CREAMER

- by Amanda Reynolds*
- 1 can organic full-fat coconut milk
 - 16 oz organic almond milk
 - ¼ cup pumpkin puree
 - 1 teaspoon Vanilla Extract or Vanilla
Powder
 - 1 drop Cinnamon Bark Vitality Oil
 - 1 drop Nutmeg Vitality Oil
 - 1 drop Ginger Vitality Oil
 - 1 drop Clove Vitality Oil

WHOLE30-APPROVED PEPPERMINT MOCHA NON- DAIRY CREAMER

- by Amanda Reynolds*
- 1 can organic full-fat coconut milk
 - 10 oz organic almond milk
 - 2 tablespoons cocoa powder
 - Optional: 1 teaspoon chocolate extract
 - 3 drops Peppermint Vitality Oil

COMBINE INGREDIENTS THOROUGHLY BY HAND OR IN A BLENDER. STORE IN REFRIGERATOR.



Ningxia SHOTS & DRINKS

BAKING DAY

1 oz NingXia Red
2 drops Cinnamon Bark Vitality Oil
1 drop Ginger Vitality Oil

RAY OF SUNSHINE

1 oz NingXia Red
2 drops Tangerine Vitality Oil
2 drops Lime Vitality Oil

LATE SUMMER

1 oz NingXia Red
1 drops Orange Vitality Oil
1 drop Lime Vitality Oil
1 drop Tangerine Vitality Oil
1 drop Lemon Vitality Oil

NINGXIA EXPLOSION

2oz NingXia Red
1 can NingXia Zing
1 NingXia Nitro



RED DRINK

Fill empty Ningxia bottle to just below the neck with filtered water. Add 1 - 2 oz Ningxia, 1/2 tsp or more Sulfurzyme, and a few drops of your favorite (or closest!) Vitality oil.

Add 1/4 teaspoon Golden Turmeric powder to change it up!

CINNAMON STICK

1 oz NingXia Red
2 drops Cinnamon Bark Vitality Oil
2 drops Peppermint Vitality Oil

FILTERED SUN

1 oz NingXia Red
2 drops Lemon Vitality
2 drops Lime Vitality



DREAMSICLE

1 oz NingXia Red
1 drop Orange Vitality Oil
1 drop Lime Vitality Oil
1 drop Tangerine Vitality Oil
1 drop Grapefruit Vitality Oil
1 drop Lemon Vitality Oil

MIND BLASTER

1 oz NingXia Red
1 drop Lime Vitality
1 drop Peppermint Vitality Oil
1 drop Lemon Vitality Oil
1 drop Cinnamon Bark Vitality Oil

THE VOLCANO

by Colleen Darland
2oz NingXia Red
1 drop Orange Vitality Oil
1 drop Thieves Vitality Oil
1 drop Peppermint Vitality oil
1 drop Cinnamon Bark Vitality oil

TRAIN WRECK

2 oz NingXia Red
1 NingXia Nitro
1 drops Orange Vitality oil
1 drop Peppermint Vitality oil
1 drop Cinnamon Bark Vitality oil

Delicious TREATS



PUMPKIN SPICE VITALITY BLEND

- 1 drop Cinnamon Bark Vitality Oil
- 1 drop Nutmeg Vitality Oil
- 1 drop Ginger Vitality Oil
- 1 drop Clove Vitality Oil

PUMPKIN SPICE VITALITY BOMB

- 40 drops Cinnamon Bark Vitality Oil
- 40 drops Nutmeg Vitality Oil
- 40 drops Ginger Vitality Oil
- 40 drops Clove Vitality Oil

Use 2 – 4 drops per teaspoon of pumpkin pie spice, or as desired. Store in an empty 15mL bottle (LABEL it!).

Replace dry, dusty pumpkin spice mix in any recipe with this delicious combination of oils!

This combination will typically replace about a teaspoon of pumpkin pie spice in a recipe. You CAN make a Vitality bomb for easier cooking, so you only need to open one lid!

You may find you prefer more or less of the oils. They are pretty strong. Baked bread-type recipes typically take MORE. Drinks and custards tend to need LESS. Start low!



PUMPKIN SPICE MUFFINS HACK

Simple Mills makes a paleo box mix! Add Cinnamon Vitality and Nutmeg Vitality and prepare as instructed on the package!

CHOCOLATE PEANUT BUTTER PROTEIN BOMBS

- 1 cup natural peanut butter
- ½ cup pure ground flaxseed
- 4 scoops Pure Protein Complete Chocolate Deluxe
- 2 – 3 drops Cinnamon Bark Vitality Oil
- 1 tablespoon honey
- 1 tablespoon chia seeds

Combine thoroughly. Scoop and roll into balls. Chill in the refrigerator and enjoy!



Delicious TREATS

PALEO PUMPKIN BARS

- 1/3 cup coconut flour
- 2 teaspoons pumpkin pie spice
- 1 drop Cinnamon Vitality
- 1 drop Nutmeg Vitality
- 1/8 tsp sea salt
- 2 eggs beaten
- 1/3 cup organic pumpkin puree
- 1/3 cup sweetener (Swerve, coconut sugar)
- 1/4 cup unsweetened almond milk
- 2 tablespoons coconut oil
- 1 teaspoon vanilla
- 1/2 tsp baking soda

CRUMBLE TOPPING

- 1/2 cup almond flour
- 3 tablespoons unsweetened coconut flakes
- 2 tablespoons coconut sugar
- 1 drop Cinnamon Vitality
- 3 tablespoons coconut oil

Combine the pumpkin bar ingredients in a kitchen aid or food processor.

Preheat your oven to 350 degrees.

Grease an 8x8 pan and spread your pumpkin mixture into the pan. Using a fork, mix all of the crumble ingredients together until it forms a small crumble.

Sprinkle over the top of your bars. Bake for 28-30 minutes!



FROSTY GRANOLA BOWL

- 2 scoops Chocolate Deluxe Pure Protein Complete
- 1 ice cube tray frozen almond milk
- Almond milk, 1/2 - 1 cup as much as your blender needs
- Dollop pure maple syrup
- Heaping spoonful peanut butter, crunchy or smooth (the blender will make it smooth)

Blend for at least 3 minutes on HIGH. Pour into a bowl; pour True Grit Einkorn Granola over the top, add sliced bananas, berries, additional dried Ningxia Wolfberries or diced fruit if you wish!





CINNAMON-BARK CHERRY BITES

6 oz dried cherries

2 cups crushed pecans

1 tablespoon almond butter

1 tablespoon agave nectar or
honey

1 drop Cinnamon Bark Vitality

Optional: finely shredded
unsweetened coconut

Place cherries and pecans in a blender or food processor and grind on a low speed until loosely ground and a well forms in the middle.

Pour almond butter, agave nectar, and 1 drop of cinnamon bark vitality in the well and return to mixing - you'll need to increase speed and if it's in a Vitamix, keep tamping it all down until the mixture is combined.

Dump it all out and shape into balls (it might be a little oily or juicy) or press into a wax-paper lined tin for making bars. If you like, roll in finely shredded unsweetened coconut to coat!

PUMPKIN SPICE VANILLA ICE CREAM

3 egg yolks

½ cup maple syrup

1 tablespoon vanilla extract

1 tablespoon arrowroot

3 cups heavy cream, preferably raw

1 cup organic pumpkin puree

2 drops Cinnamon Bark Vitality Oil

2 drops Nutmeg Vitality Oil

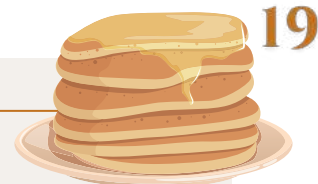
2 drops Ginger Vitality Oil

2 drops Clove Vitality Oil



Beat egg yolks in a large bowl, then combine all ingredients thoroughly; churn in an ice-cream maker according to manufacturer's directions.

Store in freezer (obviously). Serve with caramel sauce or crème de leche if desired.



PUMPKIN SPICE EINKORN PANCAKES & WAFFLES



Gary's True Grit Einkorn Pancake & Waffle Mix

OR Gluten-Free Mix

½ cup organic pure pumpkin puree

2 tablespoons vanilla extract

2 drops Cinnamon Bark Vitality Oil

2 drops Nutmeg Vitality Oil

2 drops Ginger Vitality Oil

2 drops Clove Vitality Oil

Follow the suggested recipes provided on the box or use this all-purpose mix to replace wheat flour in your favorite pancake recipes. It works marvelously well in the Joanna Gaines recipes. When beating liquids, add puree, vanilla and essential oils; combine with dry, and cook as pancakes or waffles as desired!

FROSTED FALL COOKIE DIP

1 cup canned organic pumpkin puree

1 cup organic vanilla yogurt

½ cup whipped cream

1 drop Nutmeg Vitality Oil

1 drop Clove Vitality Oil

1 drop Ginger Vitality Oil

Cinnamon spice graham crackers (Trader Joe's has these!)



Mix all ingredients together except the cinnamon spice. Before serving, sprinkle the top of the dip with cinnamon. Serve with graham crackers.



AUTUMN PUMPKIN SPICE POPCORN

8 ounces grass-fed organic butter, softened

2 tablespoons coconut sugar (optional – for “kettle corn” sweet)

Sea Salt or Himalayan Salt, to taste

2 drops Cinnamon Bark Vitality Oil

2 drops Nutmeg Vitality Oil

2 drops Ginger Vitality Oil

2 drops Clove Vitality Oil

Organic popcorn

Whip butter and oils together. Pop the popcorn, drizzle with flavored butter in quantity you prefer, and salt as desired.





PUMPKIN SPICE HOUSEHOLD CLEANER

Share Idea

BY JESSICA WALTERS

20

"POST ABOUT PSL THIEVES CLEANER IN INSTAGRAM STORIES: FOR THE PEOPLE WHO GET THE CLEANER, I'LL INVITE THEM TO AN ONLINE THIEVES CLASS AND MY NEXT MONTHLY IN PERSON OIL EVENT. NEXT MONTH I'LL PROBABLY DO A FREE THIEVES CLEANER WITH THE STARTER KIT PROMO TOO."

-JESSICA WALTERS

Gain some interest and excitement for essential oils! This is an easy way to get oils (samples!) into a few people's hands, and earn some feedback and customers – future enrollments!

Going for RANK or PROMOS? If a few (non-members) choose to order an entire bottle of concentrate (through your offer), it also adds some OGV immediately!

It is also a great idea to do this post, and follow with a post or share about giving a free bottle of Thieves Cleaner with a starter kit.



1. Order supplies
2. Print labels and postcards
3. Fill and label bottles, cut out postcards (or however you made them, IF you are making them)
4. Take a cute picture of the spray bottle or ask someone else to share one they took (check the oil group!)
5. Write a social media post – there is a sample one below but tweak/change it to sound like you, or write your own!
6. Meet up with your new customers and share with them how to use their new cleaner!
7. You may want to order extra Thieves Cleaner in ADVANCE, OR just order once they pay you and let them know it is on the way (ship it all to you unless they want to pay individual shipping).

**HOW YOU WORK THAT PART IS TOTALLY UP TO YOU.
IT'S YOUR BUSINESS.**

PUMPKIN SPICE HOUSEHOLD CLEANER

Share Idea
BY JESSICA WALTERS

SUPPLIES NEEDED:

- 16-oz Spray Bottle Set: <https://amzn.to/3jzlnUO> (6 bottles at \$2.99 each)
 - Postcard (optional, but a nice touch!!!):
https://www.dropbox.com/sh/2fctxfyphmx2q85/AAAZ7nJ_bvq_18SxGw2409M_Xa?dl=0
 - Bottle Labels: Print on matte, waterproof sticker paper and cut them out.
Sticker Paper: <https://amzn.to/3bcTLTO>
 - Label Graphic: See Pumpkin Spice Cleaner Label Modern PDF
 - 1 bottle Thieves Household Cleaner Concentrate*
 - Orange, Cinnamon Bark, Clove, Nutmeg and Ginger essential oils
- *If you have extras on hand, you may have customers who desire to purchase one on the spot.

PUMPKIN SPICE HOUSEHOLD CLEANER RECIPE

15 oz distilled water
1 capful Thieves Cleaner Concentrate
10 drops Orange Essential Oil
5 drops Cinnamon Bark Essential Oil
2 drops Clove Essential Oil

2 drops Nutmeg Essential Oil
2 drops Ginger Essential Oil
Place oils in 16-oz glass spray bottle.
Add 15 oz water, then add capful
Thieves Cleaner. Tilt gently to
combine. Dry thoroughly and affix
label.

REMEMBER, YOU MAY
ALSO WANT TO DO A
FOLLOW-UP POST
SHARING ABOUT THE PSK
AND OFFER A FREE
BOTTLE OF THIEVES
HOUSEHOLD CLEANER
WITH IT (SEE JESSICA'S
NOTE).

PUMPKIN SPICE HOUSEHOLD CLEANER

Share Idea
BY JESSICA WALTERS

SOCIAL MEDIA POST

Just mixed up some delicious household cleaner ... and yeah, I made it pumpkin spice!!!

So insanely easy – I added a capful of Thieves Cleaner Concentrate to a glass spray bottle, dropped in some additional oils for that PSL flair, and filled it up with water. Suzy homesteader over here with the DIYs I tell ya.

It smells AMAZING and I am not gonna lie, I am cleaning all the things right now...

For anyone local who wants to try some pumpkin spice all-natural cleaner, I have 5 extras!!!!

Pumpkin Spice Household Cleaner

all natural, absolutely no toxins or additives

safe around children and pets

works on every surface in your home

smells like fall

\$5 // 5 available // pickup in **[YOUR TOWN]**

you'll get a 16 oz amber glass spray bottle and label filled with the most amazing smelling fall cleaner!

Comment below if you want one!

* If you like the cleaner, I will hook you up with a full concentrate of Thieves Cleaner – each bottle of concentrate makes 28 of these bad boys for only .78/ bottle

YOU CAN SHARE ABOUT THIS IN YOUR STORIES, TOO!

BE SURE TO ENCOURAGE AN OPTION FOR RESPONDING, SUCH AS THE “ASK A QUESTION” BOX.

THIS IS JUST A POST IDEA, YOU CAN CHANGE IT TO SAY WHATEVER YOU WANT, OF COURSE!



A gift for inactive members. Include a diffuser postcard (www.oilsupplystore.com), and a personal note!

This kit could be utilized as a new member welcome, or a sampler set (you could charge people who want to "try").

STEPS



- 1. Request an inactive report from YL to see how many inactive members you have. Call Young Living Member Services at 1-800-371-3515. A report may be \$5.
- 2. Order any oil supplies you will need. Save this receipt for your taxes (I like to do it on an order SEPARATE from my Essential Rewards, that is up to you).
- 3. Order rollers from Amazon if needed, and prepare rollers. Rollers: <https://amzn.to/2EVlsUU>
Label with Washi tape OR print labels on matte, waterproof sticker paper and cut them out.
Sticker Paper: <https://amzn.to/3bcTLTO>
Sweater Weather label sheet: See Sweater Weather PDF
- 4. Recycle old 5mL bottles by taking off lids and removing goo with a drop of Lemon Essential Oil!
- 5. Collect packing supplies – essential oil tubes, small baggies or burlap or cloth bags, etc.
- 6. Make your packages, write notes, and ship!
- 7. Take note of who you shipped packages to, and when. Use your Life Steps app, or a note in your phone, or a page in your Diamond Workbook, etc. **Follow-up with members 1 – 2 weeks after shipping to ensure package arrived safely!** Surprisingly, *most people won't actually let you know it ever arrived!*

SUGGESTED PACKAGE:

Cinnamint Lip Balm

1 – 3 Thieves Cough Drops

Pumpkin Spice Diffuser Blend in a 5-mL

A "Sweater Weather" roller blend
(10 drops Thieves, 5 drops Citrus Fresh, V6 carrier oil)



HOW TO TEACH A DIFFUSER BOMB CLASS

Pumpkin Spice

CLASS SUPPLIES:

Ginger Essential Oil
Cinnamon Bark Essential Oil
Nutmeg Essential Oil
Clove Essential Oil
Orange Essential Oil
Empty 15mL bottles
Bottle of lemon essential oil
and swipes for cleaning labels
off bottles
Optional: dropper top



Making a diffuser bomb can be worked in to any variety of class formats and could be ANY diffuser bomb, not just pumpkin spice, and for any season, holiday, or occasion.

You could make a pumpkin snack or two (pumpkin bread, muffins, creamer, tea) or mulled cider! Be sure to diffuse the pumpkin spice blend!

Making the diffuser bomb is SO easy and fast, it can be part of Doctor Mom, Intro to Oils*, even a business class!

CLASS PREP:

Print: Sticker Labels (Pumpkin Spice Diffuser Bomb Full Sheet Address Label 15mL PDF)

Print instructions: Use Avery 5260 address labels
OR waterproof address labels (<https://amzn.to/31mhcEg>)
OR use waterproof sheets of paper, print and then cut out (<https://amzn.to/2ZWnf65>)



Print: Large "Sample Size" recipe card to display Diffuser Bomb recipe (Pumpkin Spice Sampler Size Recipe Page PDF)

Print instructions: Print on cardstock to prop up, or regular paper to hang/lay on the table/frame or otherwise display!

Print: Recipe cards (Diffuser Bomb and Vitality Bomb Recipe Cards PDF)

Print Instructions: Set printer dialogue settings to "Fit" or "Stretch to Fit" – do NOT use "Actual". Set to "Landscape". For two-sided, set "Print Two sided, flip short edge".

Additional resource: the pricing and savings breakdown from the beginning of this booklet! Use the information on here to talk about savings, create a graphic or a post, or price out how much your class will cost/or if you need to charge attendees.

HOW TO TEACH A DIFFUSER BOMB CLASS

Pumpkin Spice



AN EASY WAY TO TEACH IS
WITH THE “FOUR STORIES”
(YOUR STORY, OUR
GENERATION’S STORY, YOUNG
LIVING’S STORY, THEIR STORY).

YOUR STORY

In “your story” you can talk about why you signed up with Young Living, how you signed up with Young Living, your product testimony, what you have seen and heard, and let your genuine passion and joy show! People will remember your passion and excitement long after the facts and figures fade. When you tell how you signed up with Young Living, this is where you introduce the starter kit and the cost (\$165).

TO MAKE THE DIFFUSER BOMBS IN A CLASS:

Show them how to remove the label and clean the residue with a drop of lemon oil, this uses up empty oil bottles and saves time on preparing for the class.. just have them remove the label and experience first hand how amazing lemon is!

Use the lid to remove the drop reducer, add the oils, use the lid to replace the drop reduce, and affix the label!

Show everyone how the recipe on the label makes it easy to refill their bottle; and you can briefly highlight the diffuser/vitality bombs on the recipe cards so their ideas are sparked for future creations!



OUR GENERATION’S STORY

In “Our generation’s story” you get the chance to sell the hole, not the nail. Our generation is more disease-riddled than any in history! The influx of synthetic chemicals and pharmaceuticals, hospitals, urgent cares, popping up everywhere; very few banned ingredients or products, TSCA, greenwashing... They largely KNOW all of this and you are bringing it to light, not letting them ignore the existence of this problem.



HOW TO TEACH A DIFFUSER BOMB CLASS

Pumpkin Spice



YOUNG LIVING'S STORY

Young Living's story – this is where you can talk more about the kit, products, Young Living as the premier health and wellness company, from before health and wellness companies were even a thing! Not having to research every ingredient/product, your passion for their standard, seed to seal... anything Young Living goes here!

THEIR STORY

Their story – and this is where they come in! The diffuser bomb isn't just to have another fun thing lying around, it's to actively DITCH their candles and bring something beneficial to health!



Benefits of oils, dangers of candles/fragrances. Essential Rewards, ditch and switch lifestyle, low-tox living.

**THIS ENTIRE CLASS + MAKING THE DIFFUSER BOMB
SHOULD TAKE LESS THAN ONE HOUR!**

FOUR STORIES BY JORDAN SCHRANDT

The four stories class model is by Jordan Schrandt and can be adapted to ANY class. Jordan also does coaching (called Rise Up) for \$10 a month (an INCREDIBLE deal!)

<https://jordanschrandt.com/>

<https://shop.jordanschrandt.com/collections/coaching>

THIS BOOK AND COLLECTION WERE CREATED AS A
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THE MAJORITY OF THIS CONTENT WAS GATHERED
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(CONTACT FOR CREATIVE DESIGN)

Thank
You!

THE FONTS, GRAPHICS, ETC WERE MADE WITH CANVA.

SOME OF THE GRAPHICS IN THIS BOOK WERE MADE BY
FLAIR AND FESTIVE

[HTTP://WWW.ETSY.COM/SHOP/FLAIRANDFESTIVE](http://www.etsy.com/shop/flairandfestive)