

# JASMINE & JUNIPER

## Delicious, *Healthy* New Year's Mocktails



### Cranberry Orange Lime Spritzer

**What you'll need:**

- 1 drop doTERRA Lime essential oil
- 2 drops doTERRA Wild Orange essential oil
- A glass of ice
- Sparkling water
- Cranberry Juice
- Raw honey (optional)

**How to make:**

Fill a glass with ice and add 1 drop of Lime essential oil and 2 drops of Wild Orange oil. Pour sparkling water into the glass until 3/4 full, then fill the rest with cranberry juice. If you prefer your drinks sweeter, add a teaspoon of raw honey and stir until thoroughly mixed in.



### Spearmint Lime blended "Mojito"

**What you'll need:**

- 2 fresh Limes, juiced
- 1 drop doTERRA Spearmint essential oil
- 2 cups ice
- 1/8 cup fresh mint leaves
- 1/4 cup Simple syrup

**How to make:**

Combine mint leaves, ice, simple syrup & lime juice in the blender. Add 1 drop of Spearmint oil and blend. Pour into a glass and garnish with lime wedges, mint leaves or a sprig of edible herbs from your garden!



### Cardamom Cassia Hot Chocolate

**What you'll need:**

- 1 drop doTERRA Cassia essential oil
- 1 drop doTERRA Cardamom essential oil
- 4 cups milk or alternative (I suggest Oat milk or Macadamia)
- 1/4 cup unsweetened cocoa powder
- 1/4 cup granulated sugar
- 1/2 cup bittersweet (or semi-sweet) chocolate chips
- 1/4 teaspoon vanilla extract

**How to make:**

Combine cocoa powder, oat milk, and granulated sugar in a pan. Heat slowly and stir, adding chocolate before reaching the boiling point. Add vanilla. Remove from heat and allow to cool for 2-3 minutes, then add 1 drop each Cardamom and Cassia oils. Mix, pour into a mug and enjoy!