

Inspiration from Food Alchemy with Vanessa Jean

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Hello <<First Name>>

I am feeling so grateful to be here... in the land of red dirt, lapis seas and aquamarine skies.

Every time I journey to the north of Western Australia, my heart fills with a sense of wonder and awe. Having grown up on the east coast, I never experienced anything quite like it. It began with magnificent Tom Price 3 years ago and has concluded this weekend with Carnarvon. They take my breath away!

I have now visited many country towns in WA that reveal their story and their shadow to me, and now Carnarvon is the next I hold in my heart. I have met so many beautiful people who have shared their joys and their sorrows – thank you all. May the oils and meditations we explored continue to support you!



With a grateful heart, I thank you for having me Carnarvon!

We journeyed the realms of blending for emotional harmony, to balance the chakras, for mental tranquillity and for deep meditation and big visions!

We explored wholefoods and raw delights that had your and the children's taste buds dancing!

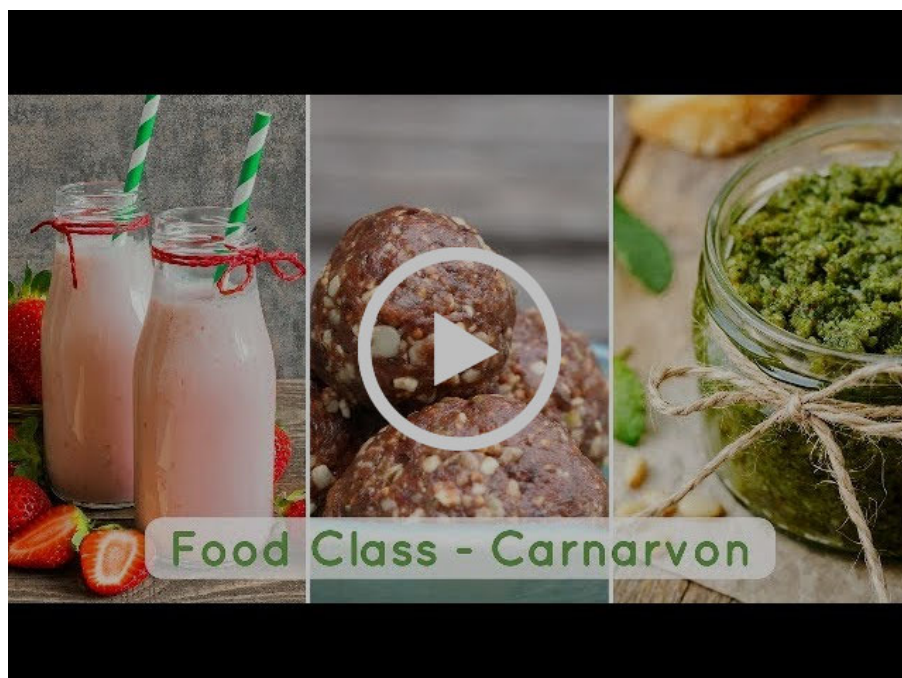
I loved my days and nights with you!

Keep dreaming big folks!

See the vision of your hearts and let your heart song be heard and danced to.



Here is the link to my wholefood cooking class I held in Carnarvon. It is raw and uncut with joyful kids in the background, and it is full of wholesomeness – enjoy!



Carnarvon Food Class August 2017

Here is some deliciousness for you.

## Raw Chocolate Avocado & Tangerine Mousse



### Ingredients

- 1 avocado
- ¼ cup cacao powder
- 1 Tbsp coconut oil, softened
- 1 tsp vanilla paste
- 6 - 8 soaked medjool dates (to taste, the dates increase sweetness)
- 3 soaked Turkish figs
- ½ cup soaked water (from the dates or figs)  
(set aside water – use extra if needed to smooth out the mousse)
- 3 - 4 drops Tangerine essential oil

### Method

Blitz in a Thermomix or food processor until creamy.

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## Baked Beans





With the weather here in Perth so cold and wet this winter, this dish is delicious and perfect for winter and doubles up as a breakfast if there are leftovers and freezes perfectly. Add chilli to your discretion and enjoy for breakfast on toast and with eggs if you choose or on nachos for lunch or dinner, or any which way, even on rice or quinoa. Enjoy!

You can use borlotti, cannellini, pinto and/or black beans for this dish. If you want to make a quickie version you can use organic tinned beans of your choice. When making fresh home cooked beans, always soak overnight and cooking them with a sea vegetable increases nutrients and helps to break down the legumes.

### Ingredients

- ¾ cup borlotti or pinto beans
- ¾ cup black beans
- 1 tsp dulse flakes/powder or a 2cm strip of wakame sea vegetable
- 1 large carrot
- 1 - 2 corn cobs
- 1 sweet potato
- 1 red capsicum
- 1 large red onion
- 1 small brown onion
- 4 - 6 garlic cloves
- 2 tsp dried cumin powder
- 1 tbsp sweet curry powder or your own mix of turmeric, dried ginger, dried coriander, sweet paprika, touch of cayenne (leave out for sensitive children/adults)
- Chilli/cayenne to taste, optional (some children/adults may not like this)
- 2 handfuls or so of fresh coriander (use parsley or other fresh herb if your family/children do not like coriander)
- 2 tins tomatoes, diced
- 1 - 2 tbsp tomato paste (more tomato paste deepens the flavour)

### Method

Soak then cook the beans, remember before you cook them, discard the soaking water and use fresh water to rinse beans well.

Cover the beans in approximately 8 cups water (so they are very well covered), add kombu or wakame sea vegetable and simmer for one hour on gentle heat.

Meanwhile chop all the veggies, scraping the corn off the cob and add them, and the tin tomatoes, to the pot after the beans have cooked one hour. At this stage add more liquid if it is drying out. It needs to be a loose moving mixture.

The sweet potato is an important addition to this recipe as it helps to balance the acidity in the tomatoes rather than using sugar as so many tinned beans do.

The beans are earthy and astringent and the sweet potato counter balances this also.

Whilst this simmers away, finely chop the onions and garlic and sauté in olive oil, coconut oil or ghee with cumin and curry spices mix.

Once sautéed, add to the bean mix and cook slowly for roughly another ½ - ¾ hour, stirring as needed.

Remove the lid and continue to stir frequently, cooking for roughly 30 - 45 minutes until you have a thick mixture. You can add tomato paste if you want to deepen the flavour. We like it to be a little runny to go over our organic corn chips; we love the blue maize or three colours corn chips.

Serve on corn chips/nachos with chopped avocado and some natural yoghurt on top, for adults, fresh chilli and coriander...and tuck in!

For breakfast, you can serve on toast with or without the egg addition.

If you want to do a quick salsa, simply chop tomatoes add a pinch of salt and fresh herbs and toss it on top of this great mix.

### **Serving Suggestion**

Smashed avocado on top of the baked beans - yum!

1-2 drops Lime essential oil

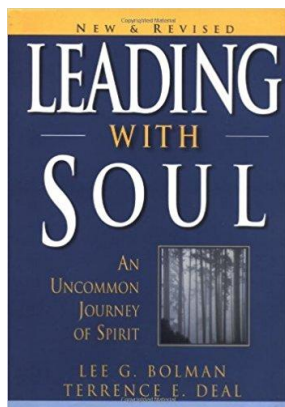
1 drop Black Pepper essential oil

Apple cider vinegar

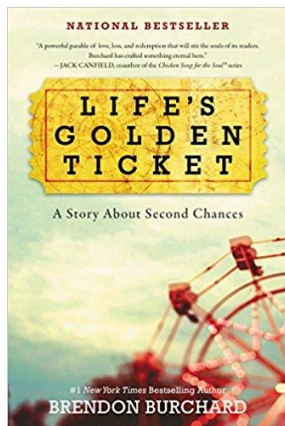
Extra virgin olive oil



An oldie but a goodie!

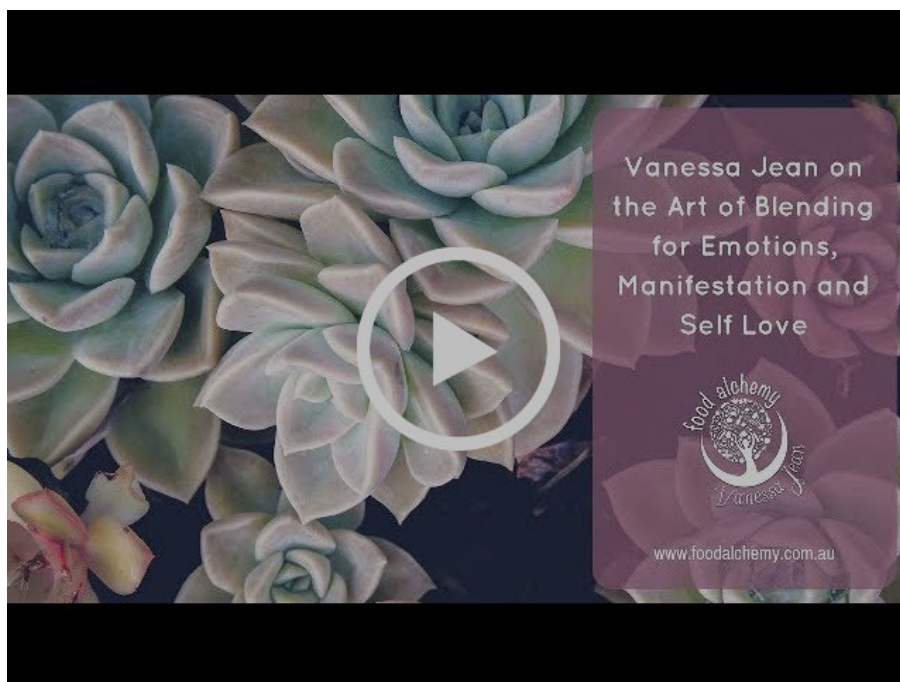


Leading with Soul - An Uncommon Journey of Spirit by Lee G. Bolman and Terrence E. Deal



Life's Golden Ticket by Brendon Burchard

I recently did a Facebook live event with Sarah Tynan. You can watch it here.



Vanessa Jean on the Art of Blending, Manifestation and Self Love

Have a great August everyone!

Here are my upcoming events for our Queensland tour. Stay tuned for UK tour and events.

**In Joy and Love**

## Vanessa Jean & Paul Ovens

### 10% off InTune (Focus Blend)

# SAVE 10% IN AUGUST - AU/NZ

## InTune<sup>®</sup> focus blend

KNOWN FOR ITS' ABILITY TO ENHANCE ONE'S SENSE OF FOCUS, OUR IN TUNE BLEND IS MADE UP OF SANDALWOOD, FRANKINCENSE AND LIME ESSENTIAL OILS TO PROMOTE A SENSE OF CLARITY. IT ALSO CONTAINS PATCHOULI, YLANG YLANG AND ROMAN CHAMOMILE ESSENTIAL OILS FOR THEIR CALMING AND SOOTHING PROPERTIES, AND PLACED IN A CONVENIENT ROLL ON BOTTLE FOR EASY APPLICATION.

### BENEFITS

1. Enhances and sustains a sense of focus
2. Supports efforts of those who have difficulty paying attention and staying on task
3. The perfect study-time blend



41840004	WHOLESALE AUD \$43.00	39 PV
	AFTER DISCOUNT AUD \$38.70	35.10 PV

dōTERRA

### Product of the Month (Local) is 15ml [Lime](#)



# Lime

essential oil



The oil of LIFE!

## Suggested Uses

Diffuse to **uplift mood** with its stimulating and refreshing properties.

Diffuse to **cleanse the air**.

Put some Lime on a cotton pad to help **remove grease spots and sticker residue**.

Add a drop of Lime to your drinking water for **enhanced flavour and antioxidants**.

Use in **baking**.

*The following blends can be added to a diffuser, or to aromatically dress  
(5 drops in 10ml fractionated coconut oil) or use as your purefume.  
Be aware of photosensitivity with citrus oils.*


www.foodalchemy.com.au

I Release	I am Free	I am Earthed	I am Supernatural!
Lime	Lime	Lime	Lime
Marjoram	H. Sandalwood	Grounding Blend	Melissa
Wild Orange	Helichrysum	Lavender	H. Sandalwood
White Fir	Bergamot	Douglas Fir	Manuka

I Create	I am Delightful	I am Happy	I am Filled with Wonder
Lime	Lime	Lime	Lime
Red Mandarin	Red Mandarin	Wild Orange	Frankincense
Cedarwood	Kumquat	Grapefruit	Cedarwood
			Litsea

	<b>Lime Bliss Balls</b>		
	8-10 medjool dates 1 Tbsp coconut oil 8 drops Lime essential oil	1/2 cup shredded coconut 1 cup raw cashew nuts (or any seeds/nuts)	Optional: 1/4 cup raw cacao powder <b>Blitz. Roll. Refrigerate. Eat!</b>

## Upcoming Events

Please visit the [Events](#) page for all current events.

## Queensland Business Training 19 & 20 August 2017

[Click here for more details.](#)

### When

**Part 1:** The way of the Soulpreneur-inspired strategies for sharing and building your dōTERRA business

Saturday 19 August 2017 (9.30am – 6pm)

**Part 2:** Leadership and mentoring to create a lasting movement plus deeper knowledge of placements and tools to manage your growing team effectively

Sunday 20 August 2017 (9.30am – 6pm)



**Where:** North Lakes Resort Golf Club, 1 Bridgeport Drive, North Lakes, QLD 4509

**Investment:** \$99 per person Part 1 or Part 2 or \$179 per person for both Part 1 and Part 2

[Tickets](#)

[Facebook](#)

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## Spiritual Aromatherapy Masterclass 22 August 2017



**Date:** Tuesday 22 August 2017

**Time:** 7pm – 9pm. Registration from 6.30pm.

**Address:** The Old Dairy, The Eco Village, 1 Community Way, Currumbin Valley QLD 4223

[Tickets](#) \$10 per person

[Facebook](#)

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## Emotions Masterclass Gold Coast 23 August 2017



**Date:** Wednesday 23 August 2017

**Time:** 7pm – 9pm. Registration from 6.30pm.

**Address:** Main auditorium, Robina Community Centre. 196 Robina Town Centre Drive (Corner San Antonio Drive), Robina QLD 4226

[Tickets](#) \$10 per person

[Facebook](#)

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## Transforming you... Becoming Extraordinary 24/9/17



**Date:** Sunday 24th September 2017

**Time:** 9.30-11.30am

**Where:** Maylands Peninsula Golf Course, Swan Bank Road, Maylands

[Tickets](#) \$10 per person

[Facebook](#)

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## Going Deeper into Placements 24/9/17



**Date:** Sunday 24th September 2017

**Time:** 12.30-3.30pm Registration will be from 12 noon.

**Where:** Maylands Peninsula Golf Course, Swan Bank Road, Maylands

**Tickets** \$29 per person

[Facebook](#)

## Save the Dates March 2018 (Sydney)

**7 March 2018:** Silver and Above Training (for those ranked Silver and above on any team)

**8 March 2018:** doTERRA Corporate event - Diamond Day



**9-10 March 2018:** doTERRA Corporate event - Convention

**11 March 2018:** One Tree Training (**open to all ranks and all teams**)

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This is a small sample of ways to use the oils. Visit my [website](#) for more inspiration!

If you are new to essential oils and would like to find out more, please go to my [oils page](#). I explain why I love these oils so much, and show you ways to use them, including delectable food recipes and blends. I also explain how easy it is to open your wholesale account, saving you 25%. I would love to help you on your essential oil journey.

**\* It is very important you only use food grade essential oils**, and I use and recommend **dōTERRA essential oils**.

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## Food Alchemy on YouTube!



**YouTube channel:**

**Food Alchemy with Vanessa Jean**

Don't forget to subscribe to keep up-to-date with all the latest. We are regularly adding to our YouTube channel.

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## DVD "Raw Food Adventures"



If you would like to see me demonstrate how easy it is to make delicious raw food (sweet and savoury), my new DVD "[Raw Food Adventures](#)" will get you started!

### **Recipes demonstrated:**

- Raw Choc Cheese Cake
  - Tropical Bliss Cake
  - Raw Chocolates
  - Chocolate Caramel Cups
  - Raw Chocolate Mousse
  - Raw Pasta
  - Raw Tomato Soup
  - Raw Beetroot Dip
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