

Inspiration from Food Alchemy with Vanessa Jean

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Hello <<First Name>>

Chalice Well ... The Tor... The earth of Avalon herself... Tintagel... St Nectan's Glen ...It's difficult to leave the land of my soul... where every step is imbued with joy and the sacred. Where every vista reminds me of the truth of who I am.

Thank you Avalon (Glastonbury). My heart is at peace and my cells thrum with joy and remembering. Music is everywhere, and I dance to the rhythm of the Goddess. Eternally grateful ... ever blessed. Thank you mumma earth and all the beings and blessings of this sacred time on holy land.

With Amanda Porter, Bari Brown & Karen Miller ... a sacred sisterhood was created. We tread the holy land together. We laughed. We cried. We shared stories. We celebrated life and all her gifts. It was pure joy and utter expansion!

I fulfilled my dream of holding a retreat in Avalon (be still my heart) and sharing this powerful plant medicine in the form of essential oils with more and more souls from all over the world. Sharing the power of the oils on our emotional and spirit body. It was divine! We mediated so much and visioned ... and miracles unfurled daily my heart is a song love, joy and gratitude right now.

Then, on our way to the city of London, we passed Stonehenge... and another gift was bestowed upon me. Avebury is actually my song, so this was an unexpected surprise!! Thank you divine masculine.

Now it is time for my being to adjust to London ... it's dōTERRA Convention time! Who's coming to London for Convention? Come say hi! Today Amanda and I will be sharing our masterclass with around 100 beautiful souls! Emotions and essential oils - yeah baby! Time to bring the sacred to the city!

Stay tuned in upcoming newsletters for some more food deliciousness - I have been experimenting with the new dōTERRA oils - Pink Pepper, Star Anise and Green Mandarin! Yum!







In Joy and Love

Vanessa Jean & Paul Ovens



## Pancakes

### Ingredients

1 cup spelt flour

½ cup quinoa flour

Or if gluten free, take out spelt and use quinoa, buckwheat and/or amaranth flour

1 cup desiccated coconut

1 cup roughly ground almonds – or any nuts or seeds

2 tsp ground cinnamon

½ - 2/3 cup milk of your choice (we use oat or coconut milk)

1 - 3 tsp pure vanilla extract - I just do a big swish we love vanilla!

1 mashed banana

2 tsp baking powder

2 eggs beaten

1 ½ cups blueberries, raspberries or any berries you love - or a combination of all!

Butter, olive oil or coconut oil to cook the pancakes in

### Method

If you are soaking the flours, pour them into a bowl with milk and yoghurt.

Cover and leave on the bench overnight or in fridge if hot.

The next day add the baking powder, the eggs and mix through.

Add the fruit and stir gently.

After soaking you will need to add more liquid, coconut milk is beautiful in pancakes and pikelets.

If unsoaked, combine the flour, cinnamon and baking powder into a bowl. Add the egg, mashed banana and vanilla and a small amount of milk and mix well until smooth, before adding the remaining milk. Let it sit for a little while to allow the flour to absorb the liquid and the baking powder to be activated. Add more milk if needed then add fruit and stir through gently.

Heat your chosen fat into a frypan and pour a small amount of mixture into the pan...tip the batter so it spreads. Cook to golden on both sides. A key to knowing when it is ready to flip look for the bubbles on the top of the pancake and then flip!

Now as a handy hint, if you have fussy eaters or for yourself...add some very finely grated or food processed sweet potato! You can use any yummy vegetables i.e. carrot, zucchini, corn.

Serve your delicious breakfast or morning/afternoon tea with maple syrup, lemon and sugar, palm sugar and mango, chopped fruits and cinnamon/vanilla yoghurt or a cashew nut cream.

### ***Adding Essential Oils***

To add another dimension, consider using the following pure essential oils:

Wild Orange in the batter, with orange segments in yogurt on the side (and why not adding a drop of Wild Orange to the orange segments for even more flavour!)

Cassia essential oil

Cinnamon Bark essential oil

Lemon essential oil (and drizzling the pancakes with a lemon syrup)

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## **Plumb, Peach & Apple Crumble**

Use fruits you have in season. I have demonstrated this crumble over the last 2 months, and each time I vary it a little. It is a very versatile recipe!

You might like to try soaking the fruit in water with 1 drop On Guard Protective Blend. Let the fruit soak for 1 hour, drain (discarding the water), and then continue with the recipe.

## Plumb, Peach & Apple Crumble

### INGREDIENTS - CRUMBLE

3 cups rolled oats (or flaked quinoa, amaranth and/or buckwheat for a gluten free option)  
175g organic butter  
1 cup rapadura / coconut, or demarara sugar  
1 drop Cinnamon Bark essential oil (add to the butter so it mixes in with a fat) or 1/2 tsp ground cinnamon powder

### INGREDIENTS - FRUIT BASE

3 apples\*, peeled, diced  
6 plums\*, peeled, diced  
4 peaches\*, peeled, diced  
1 tbsp vanilla extract  
1 tbsp maple syrup  
\* use seasonal fruits

### METHOD

Peel fruits, dice into small pieces (1cm x 1cm) add into an oven dish (ceramic dish 20cm x 20cm and 5cm deep).

Note: for easy peeling, immerse fruit in hot water or for about 10 seconds in boiling water and the skin comes off easily.

Swish the vanilla extract and maple syrup over the fruit and mix well.

Mix the Cinnamon Bark essential oil into the butter (if using) and rub the butter into the other dry ingredients. Place the crumble over the fruit base.

Bake 150C for 40-45 minutes until golden.



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## Vegan Cashew Cream

This cream is decadent and lovely and filled with goodness. You can have as a stand-alone snack or side.

### Ingredients

2 cups cashew nuts, soaked  
6 dates, soaked 2 hours  
1 tbsp coconut or maple syrup  
1 tsp ground cinnamon  
1 tsp of pure vanilla extract  
1 tsp of pure vanilla powder  
Good quality water or left over water from soaking your dates

### Method

Soak your dates and cashews overnight if this is easier for you, or else soak them for a minimum of two hours before you begin this recipe.

Rinse your soaked cashews and place in the blender/food processor with the soaked dates and blend until all broken up and all then add other ingredients.

Pulse slowly and then turn up speed gradually. If needed add a little good quality water...the amount will depend on how thick or thin you want your cream.

You can add frozen raspberries or your favourite berries, banana or mango cheeks to this; it is sublime and the colour is beautiful!

Serve with any cake, cooked or raw to replace cream or custard if you would like a dairy free alternative.



## Rose & Hawaiian Sandalwood Raw Chocolates

### Ingredients

1 cup coconut oil, liquified  
1/3 cup (approximately 80ml) Marri honey (TA30) – I use Elixir (or maple syrup if vegan)  
1 cup raw cacao powder  
2/3 cup maple syrup  
2 drops Rose essential oil  
1 drop Hawaiian Sandalwood essential oil  
Pinch Celtic sea salt

### Method

Mix, then pour into your moulds and refrigerate.



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



## Essential Oils for Every Day Life - Winter Wellness (Perth) 30/5/18

### Let's get ready for winter!

Join Paul and Vanessa Jean Ovens, dōTERRA Australian Founders, for this informative evening on how to support you and your family for the upcoming winter season with pure essential oils and supplements.

Bring your friends for a fun-filled night of education, door prizes and fun with community!

**Wednesday, 30 May 2018**  
7pm - 8.30pm  
8.30pm - 10pm Sundowner & connect

**East Fremantle Lacrosse Club**  
**Preston Point Reserve, Cnr Preston Point Road & Jerratt Drive, East Fremantle**

**Free event**, booking essential. For more details and booking link, please go to:  
[facebook.com/pg/foodalchemyPaulandVanessaJean/events](https://facebook.com/pg/foodalchemyPaulandVanessaJean/events)  
[www.foodalchemy.com.au](http://www.foodalchemy.com.au)



[Eventbrite](#)

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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 pure essential oils**, and I use and recommend **dōTERRA essential oils**.

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## May Local Special - 10% off Spikenard

# Spikenard

Spikenard is like Frankincense, Myrrh and Hawaiian Sandalwood – a holy oil. It was traditionally used to anoint the ajna (third eye) for deeper connection to God. Use in prayer, meditation and manifesting, Spikenard has been found to have similar properties to Frankincense so use this wonder oil liberally for emotional, mental and physical well-being. I love the deep nourishment this earth essential oil brings to my spirit and soul, freeing me from unseen shackles and old stories.

**We recommend dilution for topical application - see our website for details.**

## Tranquility & Calm Contentment

Spikenard

Petitgrain

Calming Blend

A beautiful blend for sleep or calming.

## Deep & Tranquil Sleep

Spikenard

Anoint on wrists and heart for a deeper sleep and a tranquil state.

## Manifesting with Spikenard

Spikenard

Ginger

Lime

Wild Orange

## Liberation from Old Stories

Spikenard

Hawaiian Sandalwood

White Fir

Bergamot

## Connection to Source

Spikenard

Frankincense

Lime

Rose (or Blend for Women/

Comforting Blend)

## Expansion & Clear Vision

Spikenard

Grounding Blend

Frankincense

Bergamot

*"I embrace connection to my innate wisdom and to source. I allow God's grace to flow through me as I expand and grow and love what is."*



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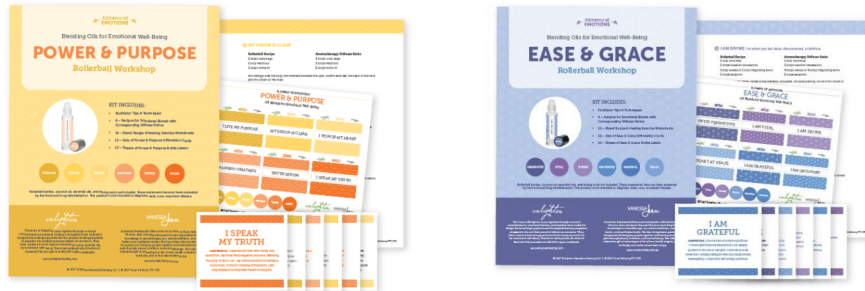


Head over to my [Monthly Specials](#) section on the website where I've collated inspired blends incorporating the monthly specials.





My Rollerball kits (co-created with Amanda Porter), are available for purchase through the [Shantistar](#) (Australia) and [Essential Oil Supplies](#) (UK).



## 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 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

## About Vanessa Jean

Vanessa Jean, founder of Food Alchemy, motivational speaker, dōTERRA Wellness Advocate and Queen of Cacao, is passionate about teaching people how to live a life inspired by joy and love.

Using food, aromatherapy, sound healing and her own joy for life, Vanessa Jean inspires people with her recipes, healthy lifestyle, joy and purpose.

[Food](#)