

Inspiration from Food Alchemy with Vanessa Jean

[View this email in your browser](#)

Hey there Beauties,

The first day of this month saw me not only welcoming a new decade, it had me embracing 45 turnings of the sun!

I feel so blessed to have done this with my family and dear friends on our sacred land.

On the 1st of January, not only did I welcome a new decade as I joyously relinquished the last, I celebrated 45 turnings of the sun!

I am now 45 years young and feel utterly magnificent. Beginning my morning with the divine ritual of connecting in breath, meditation and yoga... then wrapped in more juicy love as my family spoilt me. I then proceeded to slip into the Great Mother's embrace as a lay upon her with my hot hubby and we created our intentions and tuned into our heart song for 2020. Each day I shall continue this and dive in a little deeper. Unfolding the layers of my heart, revealing her song and tuning into the frequency of miracles wanting to bless us. 💕

May 2020 bring you and your family love, joy, deep peace, abundance, wonderful health, open hearted bliss and many blessings of the miraculous.





Please pour your love into Australia, this sacred land, and her children. Visualize and pray for steady consistent nourishing rain, blessing this sacred earth.

Australia needs your prayers.



In Joy & Love, Vanessa Jean

Yellow Mandarin

Join my friend and co-author of Gifts of the Essential Oils, Adam Barralet, as he discusses all the facets of this month's Product of the Month - Yellow Mandarin.



Adam Barralet - Crystal Connections

doTERRA Yellow Mandarin in foodie creations

Yellow Mandarin can be used for sweet or savoury dishes and can also be used to enhance salad dressings, elixirs or cacao creations.

Wherever you have been using your doTERRA citrus essential oils, consider using Yellow Mandarin essential oil to lift, lighten and brighten your foods and drinks.

The eBook cover for 'Frankincense Essential Oil' features a rustic, warm-toned photograph. It shows a small doTERRA Frankincense Essential Oil bottle (10 ml) resting on a wooden log slice. Surrounding the log are various natural elements: a small bowl of white peppercorns, a cinnamon stick, and some dried flowers. The title 'Frankincense Essential Oil' is written in a large, elegant white script font, with 'eBook' in a smaller sans-serif font below it. At the bottom of the cover, it says 'A PRACTICAL GUIDE TO USING FRANKINCENSE ESSENTIAL OIL' and 'www.foodalchemy.com.au'.

Frankincense
Essential Oil
eBook
now available
DOWNLOAD
at:

A large, orange circular icon with a white downward-pointing arrow inside, indicating a download link.

bit.ly/frankincenseebook
www.foodalchemy.com.au

What's New?

Save the dates - these events are being created over the coming days.

26 February: Creating Harmonious Daily Practices (Perth)
14 March: Business Training (Perth) (already taking bookings)
18 March: Enhance Wellbeing Simply (Perth)
28 March: Sunshine Coast Business Training (Caloundra)
29 March: Gold Coast Business Training (Helensvale)
4 April: Business Training (Shellharbour)
5 April: Business Training (Sydney)
15 - 17 May: Empowered Women's Retreat (Avebury, UK)

New Recipes!

Pomegranate and Greens Salad



Ingredients - Salad

- 1 head cos lettuce
- 8 - 10 leaves rainbow chard or kale (if you wish to use spinach, add approximately 500g)
- 10 snow peas, sliced finely lengthwise
- 2 cups broccoli sprouts
- 1 cucumber, diced
- 1 orange, peeled and into segments
- 1 pomegranate, open and take out the seeds
- ¼ cup fresh mint and fresh parsley, finely chopped (some leaves left whole for garnish)

Ingredients - Dressing

- 1 orange
- 1 tbsp apple cider vinegar
- 2 tbsp extra virgin olive oil
- 3 drops Yellow Mandarin essential oil
- 2 drops Bergamot essential oil
- 1 drop Black or Pink Pepper essential oil
- 1 tsp sea salt/Himalayan salt
- ¼ cup fresh mint, + extra for garnish

Method

Wash all greens thoroughly, and break greens with hands onto a platter, adding remaining greens and the herbs.

Add the orange segments and ½ the pomegranate seeds and mix into the salad.

Set aside and make your dressing; zest the orange placing the zest into the salad. Juice the orange, adding the pulp too, mix in the remaining ingredients and whip them with a fork until creamy.

Pour ¾ of the dressing onto the salad and massage well. Drizzle remaining dressing over the top then garnish with remaining pomegranate seeds and mint.

Eat this as is or with your favourite dish... this is a lovely side dish to serve with a raw lasagne.

Raw Creamy Chia Dream



This is a delightfully simple and delicious breakfast, morning tea or dessert. It's refreshing and simple to make up to enjoy when the weather is too hot.

It lends itself to so many options - use seasonal fruits when you can, or source out frozen organic berries and fruits. Enjoy this little powerhouse of goodness!

Ingredients

- ½ cup chia seeds
- 2 bananas
- 1 persimmon (+1 for the topping), or other seasonal fruit
- ½ cup Brazil nuts, soaked overnight
- 1 tsp vanilla extract
- 1 tsp acai berry powder (optional)
- Raw honey or vegan whole sweetener (i.e. maple syrup) to taste (optional)
- Coconut milk (or coconut water if you prefer)
- 1 tbsp pure water

Method

Put chia seeds in a bowl and cover with coconut milk. Stir well and allow to soak in the fridge if warm weather (otherwise on a bench is fine) overnight.

The following morning put all other ingredients in a blender with approximately 1 tbsp water, blend until fluffy and creamy. If too thick, add more water for your desired consistency. This is supposed to be thick and creamy, however create it so that it is textually pleasing to you.

In a cup, pour the creamy chia dream, top with a sprinkling of chia seeds, cinnamon, desiccated coconut and thinly sliced persimmon and enjoy this wholesome creation.

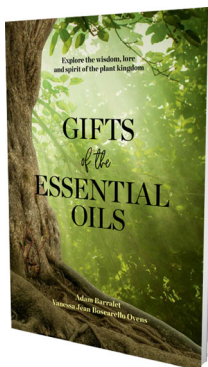
Serving Suggestions

- Sliced mango
- Cherries
- Raspberries
- Banana
- Kiwifruit
- Passionfruit
- Sliced or grated pear or apple
- Strawberries
- Boysenberries
- Nuts (toasted almonds, chopped walnuts, sunflower seeds)
- Toasted coconut flakes
- Cacao nibs
- Granola (homemade is especially nice here)
- Nut-based yogurt
- Cashew cream
- Dried organic fruits (goji berries, mulberries, sliced apricots, sliced prunes)

Add a doTERRA essential oil flavour boost!

- Wild Orange
- Tangerine
- Yellow Mandarin
- Green Mandarin
- Red Mandarin
- Cinnamon Bark
- Cassia
- Ginger

Gifts of the Essential Oils book now available!



This 248 page book takes you on a journey to connect with the voice of each essential oil, through their stories and their secrets. Join us along the path of discovery and healing physically, emotionally, mentally and spiritually as we unlock the power of the plant kingdom. Dive deeper into the magic of over 100 essential oils, including the rare and relatively unexplored, in this full-colour book overflowing with original blends, inspiring affirmations and mythology spanning the ages.

Cost \$45 plus postage



Get your copy now!

Bulk purchases (10+), Enquire Here

Recipe book with
Chef Sophie Budd
and Vanessa
Jean Boscarello
Ovens



I'm
excited...

New recipe
book with
Sophie Budd is
coming soon!

Register your interest
for the pre-launch:

bit.ly/FoodOils



Register for pre-launch of Recipe Book

doTERRA January 2020 Specials



January

PROMOTIONS

Thinking about what you want to achieve in 2020 and ready to set some goals for yourself? This is a great time to reflect and make the important things like your health and wellbeing the focus. Whether it's to improve your good habits, prioritising sleep, exercise and good nutritional habits, we have put together an offering of products that can help keep those goals front of mind.

Have you started planning a special 2020 holiday? Or know of someone else who is? Earning income by sharing doTERRA is a way that can make that happen. We have a special **Enrolment Promotion** on for the month of January, with up to

20% off Enrolment kits* to help get people started, whether it is to help achieve their goals or earn income by sharing with others January is a great time to join.

A seasonal favourite, we have Smart & Sassy® as our **50% off** product for January. After a time of overindulgence it is great to refocus. Smart & Sassy® is an ideal companion to a healthy eating and exercise program. Its flavour and aroma are uplifting and stimulating to the senses. Smart & Sassy® contains Grapefruit, Lemon, Peppermint, Ginger and Cinnamon.

Our **Product of the Month** is Yellow Mandarin, this is a Limited Time Offer. The sweet and refreshing scent of Yellow Mandarin is ideal when you want to create an energising and uplifting environment. Get it FREE by placing an LRP order of 125 PV or more.

Process a **200PV** order and you will love knowing that we have extended our Frankincense promotion until 15th January.

*Terms and conditions apply

doTERRA® Australia & New Zealand



UP TO 20% OFF ENROLMENT KITS

TERMS AND CONDITIONS APPLY




SMART & SASSY® 15ML

AUD \$27.45 | 24.75 PV
NZ \$31.50 | 24.75 PV



YELLOW MANDARIN 5ML

FREE WITH A 125PV LRP ORDER PLACED BY 15 JANUARY, 2020.



FRANKINCENSE 15ML

FREE WITH ANY SINGLE 200PV ORDER UNTIL 15 JANUARY

To learn more, please go to [doTERRA Promotions](#).



Never miss out knowing what we're up to!

[Follow us on Paul and Vanessa Jean Eventbrite Channel.](#)

Events

Stay tuned as we plan for an exciting 2020!

We are taking our doTERRA Business Training around Australia this year.

It's **doTERRA Business Training 2.0. Reboot your business with what's working in 2020 - Reconnecting with the heartbeat of your biz - the way of the Soultrepreneur.**

Currently set up is the Perth Business Training. More events will be made live this week on Eventbrite.



Perth dōTERRA Business Training 2.0

When: Saturday 14th March 2020

Time: 9am – 5.30pm, registrations from 8.30am

Where: The Rise, 28 Eighth Avenue, Maylands WA 6051

Book: [Eventbrite](#)

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.**

About Vanessa Jean



Vanessa Jean, founder of Food Alchemy, author, 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](#)
[Oils](#)
[Events](#)
[Rollerball Kits](#)
[Raw Foods DVD](#)