

Gingerbread Sugar Scrub



Ingredients:

- ½ cup fractionated coconut oil
- ½ cup sugar (pure cane or granulated)
- ½ cup brown sugar
- 1 drop ginger essential oil
- 1 toothpick cinnamon essential oil
- 2 drops orange essential oil

Instructions:

1. Combine fractionated coconut oil and sugars in a bowl, and stir until it turns into a fluffy paste.
2. Stir in essential oils until they are well incorporated.
3. Transfer the scrub to one of our containers listed below, and enjoy!

For personal use, store in a 4 oz. Glass Salve Container (#6503K; Regular Price: \$0.85).
To give as gifts, place in 1 oz. Glass Salve Containers (#6501K; Regular Price: \$0.78)
or ½ oz. Plastic Salve Containers (#9183; Pack of 6; Regular Price: \$2.28).



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Spiced Apple Cider With Essential Oil

Servings: 6 servings; Makes 1/2 gallon

Time: 15 minutes active; 3 hours inactive **Difficulty:** Easy



Ingredients:

- 5 red apples
- 1/2 cup white sugar
- 1/2 Tbsp. ground allspice
- 2 drops cassia essential oil

Instructions:

1. Wash apples thoroughly, remove the cores, and cut them into quarters.
2. Place apples in a large stock pot, and add sugar and allspice.
3. Add enough water to the pot to cover the apples by 3–4 inches.
4. Boil the apples, uncovered, for one hour, stirring occasionally; then reduce heat, and simmer for two hours.
5. Strain out the cider by pouring the mixture through a fine mesh sieve.
6. Stir in cassia essential oil.
7. Serve cider warm, or refrigerate and serve chilled. Try one of our stainless steel straws for drinking this delicious cider!



Spiced Apple Cider With Essential Oil

Servings: 6 servings; Makes 1/2 gallon

Time: 15 minutes active; 3 hours inactive **Difficulty:** Easy



Ingredients:

- 5 red apples
- 1/2 cup white sugar
- 1/2 Tbsp. ground allspice
- 2 drops cassia essential oil

Instructions:

1. Wash apples thoroughly, remove the cores, and cut them into quarters.
2. Place apples in a large stock pot, and add sugar and allspice.
3. Add enough water to the pot to cover the apples by 3–4 inches.
4. Boil the apples, uncovered, for one hour, stirring occasionally; then reduce heat, and simmer for two hours.
5. Strain out the cider by pouring the mixture through a fine mesh sieve.
6. Stir in cassia essential oil.
7. Serve cider warm, or refrigerate and serve chilled. Try one of our stainless steel straws for drinking this delicious cider!



Spiced Apple Cider With Essential Oil

Servings: 6 servings; Makes 1/2 gallon

Time: 15 minutes active; 3 hours inactive **Difficulty:** Easy



Ingredients:

- 5 red apples
- 1/2 cup white sugar
- 1/2 Tbsp. ground allspice
- 2 drops cassia essential oil

Instructions:

1. Wash apples thoroughly, remove the cores, and cut them into quarters.
2. Place apples in a large stock pot, and add sugar and allspice.
3. Add enough water to the pot to cover the apples by 3–4 inches.
4. Boil the apples, uncovered, for one hour, stirring occasionally; then reduce heat, and simmer for two hours.
5. Strain out the cider by pouring the mixture through a fine mesh sieve.
6. Stir in cassia essential oil.
7. Serve cider warm, or refrigerate and serve chilled. Try one of our stainless steel straws for drinking this delicious cider!



Spiced Apple Cider With Essential Oil

Servings: 6 servings; Makes 1/2 gallon

Time: 15 minutes active; 3 hours inactive **Difficulty:** Easy



Ingredients:

- 5 red apples
- 1/2 cup white sugar
- 1/2 Tbsp. ground allspice
- 2 drops cassia essential oil

Instructions:

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