

Breakfast Blending!

Essential Oils We Can Eat!
Loving prepared by Twinssential Oils Group

Maple Orange Bacon

The following is a recipe that we invented based on research for the best way to make bacon. You oven bake the meat with a touch of brown sugar into which you mix the orange essential oil.



Ingredients:

- 10-12 slices of thick-cut bacon
- ¼ cup brown sugar
- 3-5 drops of Young Living's Orange essential oil

Directions:

1. Place the brown sugar into a small bowl and drop the orange essential oil into it evenly dispersed around the sugar.
2. Mix the sugar and oil completely.
3. Arrange bacon slices on a sheet pan. Don't stretch the slices out. Just gently drape the bacon across the pan.
4. Do NOT Preheat Your Oven! Put the bacon into a cold oven in the center of the rack. Starting with a cold oven ensures that the bacon will cook slowly like it needs to.
5. Close the oven door. Turn the oven on to 400 F.
6. Come back 15 - 17 minutes or so later to check on the bacon. As soon as the bacon is golden brown, but not excessively crisp, it's done. The exact time will depend on the thickness of the bacon slices and how quickly your oven reaches the target temperature.
7. Remove the pan from the oven. Transfer the bacon to a plate or dish right away. **Note:** If you leave it in the pan too long, the heat from the pan and the hot bacon fat will continue cooking it.

Buttercream Frosting

We got a basic buttercream frosting recipe off the Internet. We add essential oils to the recipe to kick it up a notch.

Ingredients:

- 2 cups Powdered Sugar (or 1/2 pound)
- 1/2 cup Butter (1 stick); use Softened Salted Sweet Cream Butter
- 2 teaspoons Vanilla
- 3-5 drops of your favorite Young Living dietary essential oil
- 1-2 tablespoons Milk



Directions:

1. Add softened butter and vanilla to the mixing bowl and mix until completely combined.
2. Add Powdered Sugar and beat on low until it's incorporated. Then, move mixer up to medium-high speed. Scrape sides and bottom of bowl often. When completely mixed, the frosting may appear dry.
3. Add drops of Young Living essential oil (to taste); typically 3-5 drops
 - a. Consider using one or more of the following essential oils (depending on what you're making): Nutmeg, Lemon, Lime, Tangerine, Lemongrass, Orange, Grapefruit, Spearmint, Peppermint, Cilantro, Coriander, Citrus Fresh, Cinnamon Bark, Ginger, Fennel, Lavender, Jade Lemon, Bergamot, Thieves, Stress Away, etc.
4. Add milk a little bit at a time until frosting is the proper consistency.

Make Cake Frosting into a Dipping Glaze

(By: Amelia Allonsy <https://oureverydaylife.com/tub-frosting-harden-42037.html>)

A thick, quality cake frosting can easily be altered with liquids right in your kitchen to make a thinner glaze suitable for dipping anything from cookies to french toast sticks.

1. Place the frosting in a microwave-safe bowl and microwave it for about 10 to 20 seconds to melt the sugar and fat in the frosting. Stir the frosting well and microwave it in additional 10-second intervals, if needed, until it reaches a drizzling consistency.
1. Stir in milk 1 tablespoon at a time to thin out the frosting. Use a wire whisk to thoroughly incorporate the milk with the frosting. Alternatively, use a liquid such as juice to thin the frosting while adding a hint of flavor.
2. Scoop up a bit of the frosting in a spoon and tilt the spoon so the dipping glaze drizzles off the spoon. If it doesn't drizzle well or isn't thin enough, stir in more liquid until you reach the desired consistency.

The dipping frostings we made for the Breakfast Blending gathering were:

- Lemon-Lavendar
- Cilantro-Lime
- Orange

The glaze we made for the fruit was made with Spearmint and Orange essential oils.