

Week 3 recipes

Butternut Soup

- ❖ 2 Tbsp. olive oil
- ❖ 2 onions, chopped
- ❖ 2 cloves garlic, chopped
- ❖ Salt
- ❖ Pepper
- ❖ 2 lbs butternut squash, peeled and cubed
- ❖ 4 cups vegetable broth
- ❖ 2 drops clove oil
- ❖ 3 drops nutmeg oil
- ❖ 1 drop cinnamon oil

In a soup pan over medium heat, sauté onions, garlic, salt, and pepper in olive oil until tender. Add cubed squash and cook for 3-5 minutes.

Add broth and bring to a boil over medium high heat.

Continue to boil for 25 minutes or until squash is fork tender. Remove from heat.

Puree until smooth and stir in oils. Allowing oils to infuse the soup for 10 minutes and then serve.

Lavender Roasted Potatoes

- ❖ 3 red potatoes
- ❖ 5 carrots
- ❖ 1/2 cup whole garlic cloves
- ❖ 1 large white onion, sliced or 2 cups of pearl onions, whole
- ❖ 2 cups zucchini, cut in 1/2 inch slices
- ❖ 3 Tbs. olive oil
- ❖ sea salt to taste
- ❖ 1 drop of lavender essential oil
- ❖ Pinch of lavender buds

Preheat oven to 400 degrees. Coat potatoes, carrots, onions, and garlic with olive and lavender oil. Sprinkle lavender buds and sea salt over vegetables. Roast 25 minutes. Add zucchini and bake an additional 15 minutes.

Spinach Frittata

- ❖ 2 tbsp olive oil
- ❖ 1 drop basil oil essential oil
- ❖ 1 drop oregano oil essential oil
- ❖ 1 bunch green onions, chopped
- ❖ 2 cloves garlic, chopped
- ❖ 10 ounces spinach
- ❖ 6 eggs
- ❖ Pinch salt
- ❖ Pinch pepper
- ❖ 1/3 cup plain yogurt
- ❖ 4 ounces feta cheese, crumble

In a sauté pan mix olive, basil, and oregano oils. Add green onions and garlic, and sauté on medium heat until tender. Add spinach in small bunches until wilted and heated through. Set aside.

Whisk eggs, salt, and pepper together. Add yogurt to egg mixture and mix thoroughly. Place drained spinach mixture in a nonstick cake or pie pan. Pour egg mixture over spinach and gently mix. Add feta and bake in a 350 degree oven for 20 minutes, until firm.