



#ZIPYOURCOAT

BERRY CUBES

Ingredients:

3-4 drops favorite essential oil (we used Slim & Sassy®)
1 cup frozen berries
1 frozen banana
1 cup coconut milk

Instructions:

Combine all ingredients together in blender and blend until smooth. Place the smoothie into silicon ice cube trays and store in freezer. When you want to make a smoothie, there are three ways to use smoothie cubes. One, allow the cubes to thaw slightly and pop them in the blender. Two, let them melt in your water bottle for an hour, and then shake it a few times. (This method is great when you've got to be out the door.) Three, use them in place of ice by adding 2-3 cubes to your smoothie for an extra boost of nutrients.

Tip: You can also make smoothie cubes from the leftovers in your blender when you've made too much.



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CARROT DIP

Ingredients:

1 lb carrots
1/2 t ground cumin
1/2 t salt
1/4 t black pepper
2 t paprika
2 garlic cloves, crushed
1 t ground coriander
2 T extra virgin olive oil
3 T steamed carrot water (reserve 3 T)
3 T red wine vinegar
1 T xylitol
2 T dried parsley
1/8 t red pepper flakes, or less to taste

ESSENTIAL OILS:

1 drop Wild Orange Essential Oil and 1/2 drop Clove OR 1-2 drops Slim and Sassy

Instructions:

Steam carrots for 10-15 minutes. Reserve 3 T steam water. Let cool. Place everything in a 3 cup food processor or Ninja. Refrigerate for 2 hours and serve at room temperature.