

It is amazing that the 2014 Holiday Season is already upon us. When did that happen?! There are less than 30 days before New Years!.

DON'T PANIC!!



all.



Sleepy Time Sugar Scrub

¼ C Brown Sugar¼ C Coconut Oil, Melted2 TBSP Coconut Milk5 Drops Lavender Essential Oil

Combine ingredients (as listed above) in a small glass jar. If giving as a gift, use a small ribbon and card to include these instructions: "To enjoy, scrub into hands and feet and rinse in warm water."

Please note: due to use of all natural ingredients, this scrub will not last long! Make in small batches and use quickly! Also try subbing Lavender EO for Lime, Wild Orange or any of you other favorite scents!





It's not easy to eat healthy at the holidays, let alone keep vegan. Trust me, I know. I have to explain it to my mom every time I visit that it's been so long since I've eaten meat, bread or the amount of sugar that goes into desserts and holiday treats, I would spend the entire visit on the toilet if I ate like that. So, here are some tips for making it through the holidays as a vegan.

First rule of thumb for a vegan, at the holidays, and all year long - don't be a jerk.

No one held a gun to your head - you chose to live a healthier lifestyle. Stick to your food choices and be happy when you're not feeling sick to your stomach like everybody else from eating too much!

The Holidays and the Happy Vegan (or anyone who's trying to be healthy!)

Here are some don'ts:

Don't be the dark cloud over everyone else's celebration. That means don't scowl at everybody else's heaping plates, complain about how everybody else gets to eat whatever they want and you don't, or make everyone uncomfortable by pointing out how many calories and grams of fat and sugar are in every dish.

Don't expect the rest of the world to change how THEY eat just because you're coming to dinner. People who don't eat healthy don't know what recipes to make and some people who DO eat healthy drop the rules at the holidays. If you're the only one at the table with restrictions, don't expect everyone else to fall in line with you.

Don't take yourself so seriously. If, in an effort to offer something you can eat, your host or hostess gives you a plate of veggies covered in butter or cheese, quietly explain the situation to them. Don't get mad at them - at least they tried!

The Holidays and the Happy Vegan (or anyone who's trying to be healthy!)

Here are some Do's:

Bring a dish you can eat! If it's a dinner party, make a plate for yourself before everyone else sits down - guests won't even notice that you're not eating what's on the table.

Contact the host or hostess and offer suggestions for dishes that you CAN eat. Be polite about it too - "Hey, about dinner next Saturday, have you ever tried this broccoli dish I make at the holidays?".

Be lighthearted if (when) you get teased for not giving in to the piles of temptations everywhere you turn.

If it's a party you're headed to, eat before you go.

Oh and, give your mom or the host/hostess a break if they don't get it right. It's the holidays - they're stressed out too. Don't forget to put a vial of Serenity in their stocking.



Peppermint Hot Cocoa

3 TBSP Raw Cacao 1 TBSP Coconut Oil (optional, but makes it creamier)

1-2 tsp Raw Honey or sweetener of choice 12oz Hemp Milk

1 Drop Peppermint Essential Oil

Melt coconut oil in heavy bottom sauce pan. Add 4oz of hemp milk and raw cacao powder and whisk briskly until smoothly combined into a thick sauce. Slowly whisk in the rest of the hemp milk and heat through (do not allow to boil, keep heat setting on medium-low for entire time). Once heated, whisk in sweetener and essential oil. Enjoy while still warm!

Kids not a fan of mint? Try Cinnamon or Wild Orange essential oil instead!

Salt Dough Diffuser Ornaments

1 C Flour, plus extra for work space 1 C Salt Up to 1 C water 15 Drops Holiday Joy, Frankincense or your favorite oil combination!

Rolling Pin, cookie cutters, parchment paper and cookie sheets

Preheat oven to 225 degrees. In large bowl, mix flour and salt, then add essential oils. Slowly add water and mix until dough forms. If dough gets too sticky, just add equal parts flour and salt in small amounts until you have a workable dough. Roll dough out to about 1/8-1/4 inch thick, cut with cookie cutters (we used chopsticks and a straw to punch holes in them) and place shapes on a cookie sheet covered with parchment paper. Place in oven for 15-20 minutes (varies based on thickness of ornaments.



Kids, Sugar and How To Keep Them From Losing Their Minds (and yours!)

I was determined to keep my kid sugar-free. I know, easier said than done. I opened a giant can of worms the first time I gave Madeline a piece of dark chocolate peppermint bark. It's been a battle ever since. Now it's the holidays... how are we going to keep our kids' sugar intake in check?

The holidays are every sugar fiend's favorite time of year. Every party, dinner, and visit to friends and family will so much sugar you could probably fill a dump truck with it. Add the excitement of opening presents, visiting cousins, and new toys and you are looking at a disaster at bed time.



Kids, Sugar and How To Keep Them From Losing Their Minds (and yours!)

Communicate the Rules Early

If you are planning to set limits on how much candy they can have, TELL THEM ahead of time. Don't wait till they've cleaned off a plate of cookies to yell at them for doing it. That is just a temper tantrum and headache for all waiting to happen. Just be super clear before they head out what to expect when they get home.

You just said, 'are you nuts?', I know. But there are lots of upsides to being the hostess. You have *some* control over what food is served. Sure, people are going to bring desserts and candy to share. But just like the vegan rules, don't be a jerk about it. Who said you had to put it all out at once?! Wait till dessert! Better yet, surprise your guests with the recipes they'd never know were healthy.

Kids, Sugar and How To Keep Them From Losing Their Minds (and yours!)

Sugar Limits & Rewards

Madeline is only allowed a sweet treat once a day, after dinner, and only if she has eaten healthy the rest of the day. That's probably not going to fly at the holidays. Instead, make it a game. Assign tasks and what they get for doing them.

Help set the table? A cookie

Babysit the little kids? 2 pieces of candy

Sit politely at dinner? A piece of pie

Go outside and play in the backyard for a half hour? Ice cream.





Vegan, Gluten-Free Apple Crisp

⅓ C + 1 TBSP GF Muesli

¼ C Coconut Sugar

1/4 C chopped nuts (I like honey roasted almonds)

1/4 tsp cinnamon or 2 drops cinnamon EO

1 TBSP all-purpose GF flour

4-5 Apples (peeled, cored and sliced)

3 TBSP Coconut oil (softened, not melted) plus more to grease pan

Heat oven to 400 degrees. Lightly grease 10in cast iron skillet, or 9 x 11 glass baking pan with coconut oil, then spread apples into pan evenly.

For Topping: Combine Muesli, cinnamon, sugar, nuts, and flour thoroughly. Cut coconut oil into small bits and mix into dry ingredients with a spoon or your fingers until small, moist clumps form. Spread over applestopping will not cover apples completely.

Cook for 30 mins, until the pan is bubbling around the edges and the apples are cooked through.



This blend makes a wonderful hostess gift because it addresses all the woes of hosting the holiday get togethers! I

n a 10ml roller bottle add:

15 Drops Wild Orange for uplifting mood 5 Drops Cardamom can clear breathing and support gastrointestinal health

10 Drops White Fir to soothe muscle aches and pains

5 Drops Cassia to promote calm

Fill with Fractionated Coconut Oil and apply before the hustle and bustle of the holiday party starts to get you down or make you crazy!



Stop Sweating the Small Holiday Stuff

I talk a good game about not stressing out at the holidays. I am your quintessential Type A. I want to control everything - the traffic, family that show up late to dinner. There have definitely been years when I've lost it. But in the years since Madeline was born, I've learned to take some time to enjoy the holidays too. Life is too short to freak out because everything doesn't happen the way I think it should. So, here are my tips for dealing with holiday stress.



Stop Sweating the Small Holiday Stuff

Ask for Help

It's 1pm, the turkey still has 2 hours to go, the kids are totally ignoring you because they're playing their new video game but they need to get dressed, the table isn't set yet and you're expecting 15 people to show up at your house in 1 hour. You could:

- A. Scream at your kids for not listening to you, scream at your husband for hiding in the garage and slam your pots and pans around while you're cooking, or
- B. Admit that you can't cook for 15 alone, and ask someone who's coming to dinner that day to come a little earlier than everyone else and help you. If you pick the right person, they might even bring a bottle of something yummy to sip from while you're getting ready for dinner! If you're calm and having fun, the kids and the husband will to and will be more likely to help.



Stop Sweating the Small Holiday Stuff

Take Time For Yourself

I know, I know, easier said than done. But if all the noise and people and chaos is getting to you, give yourself a time out. Get a pedicure on the way home from the grocery store. Go take a yoga class - this time of year studios are doing practices specifically for dealing with stress. Go for a walk around the block! Can't do any of that? Lock yourself in the bathroom, turn on the exhaust fan, put a little dab of Balance or Serenity on your temples and listen to some music! Do whatever you have to to keep from going crazy.

Remember Why You Love The Holidays

I know that it feels like the world has lost its mind during the holidays. But, there's so much more to love about the holidays than there is to stress out about. Visualize the memories you're going to make with the ones you love anytime you're starting to feel stressed. Put a few drops of DoTERRA's Holiday Blend in your diffuser and fill your house with the scents of the holidays.



From the Hobson home to yours, I wish you the very happiest, most relaxing, enjoyable holidays.

