

## *Simple & Healthy Recipes*

### No-Knead Crusty Artisan Bread

Mix 3 cups King Arthur bread flour,  $1\frac{1}{4}$  tsp salt, and 1 packet rapid rise yeast. Add approximately  $2\frac{1}{4}$  -  $2\frac{1}{2}$  cups warm water (it will be sticky)—mix with wooden handle of spatula and cover with saran wrap and a towel, let sit on top of oven heated to 250 for 2 hours. Dust fingers with a little flour, scoop dough out of bowl, and plop onto parchment paper --don't worry about shape, it does not have to be perfect at all! Bake on parchment paper lined sheet tray at 450 for 40 minutes. Let cool for at least half an hour before cutting.

\*This also comes out delicious with 2 cups bread flour and 1 cup whole wheat, or even half bread flour and half whole wheat.

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### Morning tonic

Cut and smash handful of ginger root and a few pieces of turmeric. Add to pot, boil in 5 cups of water for 1 hour, strain and mix in 1 tsp of black pepper, 1-2 tbsp ceylon cinnamon (reheat to dissolve). Drink 1/2 - 1 cup in the morning, add juice of 1/2 lemon and 2 capfulls of apple cider vinegar.

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**Vegan chili:** Cut assortment of red, yellow, and orange bell peppers, place in crock pot with canned whole tomatoes or fresh tomatoes and a chopped jalapeno. Cook for 2 hours, then add canned black, pinto, or tri-color beans and cook for another hour. Optional: season with salt, chili powder and paprika. Vegetarian option: use plain Greek yogurt in place of sour cream for additional protein.

**Salad:** Chop romaine lettuce, collard greens, spinach, kale, purple cabbage, and any other veggies of choice, top with grated parmesan cheese, cherry tomatoes and mix with dressing of choice (I like Caesar).

**Fries:** Wash and cut 2 Russet potatoes in half (longways), then half again, then half again. Soak in cold water for 1 hour, dry, and then coat with 1 tsp olive oil. Spread out on parchment paper lined sheet tray and bake for 40 minutes at 375. Flip over halfway. Top with sea salt.

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**Banana Chocolate Chip Oat Bars:** Smash two bananas, mix in  $\frac{1}{4}$  cup natural peanut butter, 1 cup rolled oats, and 1 tbsp chocolate chips. Spread thin (I like to use a fork) on parchment paper lined sheet tray and bake for 30 minutes at 350.

**Sweet Potato:** Wash, poke holes and bake on top of parchment paper lined sheet tray at 375 for 30-45 minutes. Flip over halfway.

**Chocolate Bark:** Melt chocolate on low heat stovetop, pour onto parchment paper lined sheet tray and while warm, sprinkle pumpkin seeds, hemp hearts, and almonds on top, refrigerate.

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**Face Oil:** Mix castor oil, carrot seed oil, coconut mct oil, jojoba oil, rosehip oil, and frankincense oil.

**Hair Oil:** Mix castor oil, jojoba oil, argan oil, sweet almond oil, pumpkinseed oil, coconut mct oil, rosemary, peppermint, and lavender essential oil.

**Body Butter:** Melt mango butter and beeswax, add jojoba oil & mix.

**Tinted Lip Balm:** Soak 1 tbsp beetroot powder overnight in 2 tbsp castor oil, scoop out beetroot that has settled to bottom and combine with melted mango butter or cocoa butter and beeswax, optional: add peppermint extract (food grade).

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**Soap:** Mix  $\frac{1}{2}$  cup distilled water,  $\frac{1}{4}$  cup castile soap, 1 tbsp castor oil, 10 drops frankincense and 5 drops lavender essential oil.

**Shampoo:** Boil  $\frac{1}{2}$  cup calendula flowers in 3 cups water for 1 hour, strain and then while warm, mix in 1 tbsp coconut milk powder until dissolved. Add  $\frac{3}{4}$  cup castile soap,  $\frac{1}{2}$  cup apple cider vinegar, fill rest of bottle with distilled water.

**Laundry Detergent:** Mix 1 cup Epsom salt, 1 cup dead sea salt, 3 cups washing soda, 3 cups baking soda, 30 drops essential oil, optional: grate 1 bar castile soap & mix. Use  $\frac{1}{4}$  cup per load.

**Bath Soak:** 1 cup Epsom salt, 1 cup dead sea salt, 1 cup pink Himalayan salt, 1 tbsp kaolin clay, 1 tbsp coconut milk powder, optional: dried flowers, essential oil.

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Room Spray: Fill 1/3 of spray bottle with witch hazel, 30-50 drops essential oil, fill rest of bottle with distilled water.

Roll-on Perfume: 10-15 drops essential oil, fill rest of roller with sweet almond oil.

Air Purifying Candles: Melted beeswax and coconut oil (about half and half), optional: essential oil.

Cleaning spray: Orange or lemon peels, white vinegar, distilled water.

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