

YOUNG LIVING
ESSENTIAL OILS

NingXia Recipe Guide



THE STORY



The NingXia Red® Story

Over 25 years ago, Young Living Founder D. Gary Young travelled the world. He wanted to learn about the many approaches to longevity, energy, vitality and wellness. On a particular trip to China, he met scientist Dr. Songqiao Chao, who introduced him to a delicious fruit called the wolfberry. Dr. Chao explained that the berry had been prized by the Chinese people for thousands of years because of its powerful wellness benefits. Those who regularly ingested this berry, he explained, led remarkably long and healthy lives.

Gary learned that Chinese biochemists at the Ningxia Institute of Nutrition had analysed the wolfberry and discovered that it is one of the most nutrient-dense foods on the planet. This incredible revelation convinced Gary that he needed to share Ningxia wolfberries with the world. By combining wolfberries with other superfruits and Young Living's pure essential oils, he created the delicious and nutritiously rich drink we now know as NingXia Red®.

Today, only Young Living blends whole Chinese wolfberries and other superfruits with powerful, premium culinary essential oils to create a drink that not only tastes delicious but greatly supports your overall wellness!



NingXia Province,
China

*These statements have not been evaluated by the Therapeutic Goods Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Consult individual product labels for safety information.

6 Reasons to Drink NingXia Red®

1 RICH IN NUTRIENTS & ANTIOXIDANTS

A daily boost of Vitamin C, where every 150 ml contributes to normal energy metabolism, normal neurological and immune system function and more.

2 GOJI BERRY GOODNESS

Also known also as NingXia wolfberries, goji berries provide energy without harmful side effects.

3 INFUSED WITH ESSENTIAL OILS

Infused with a sweet citrus taste and d-limonene from Young Living Orange, Yuzu, Lemon & Tangerine essentials oils!

4 FRUIT JUICE BENEFITS

Packed with blueberry, plum, aronia, cherry, grapeseed and pomegranate juices for delicious flavour and a vibrant red colour.

5 NATURALLY SWEETENED

Sweetened with Stevia extract, which is a zero-calorie natural sweetener.

6 GREAT FOR KIDS TOO!

Effectively energises, fortifies and revitalises the body to support good overall health.



ALL ABOUT

NingXia Red®

NingXia Red® contains vital nutrients that modern diets often lack - and these nutrients could be the key to unlocking abundant wellness and energy. It is a tasty, simple way for your whole family to infuse every day with health, wellness and essential nutrients.

IN EACH 250 ML GLASS OF NINGXIA RED YOU'LL FIND



30 g
Wolfberries



9 g
Blueberries



6 g
Plums



5 g
Aronias



5 g
Cherries



4 g
Pomegranate

ESSENTIAL OIL INFUSED INGREDIENTS

What sets NingXia Red® apart is its blend of Orange, Tangerine, Lemon and rare Yuzu premium essential oils, known for their rich and powerful antioxidant d-limonene. These culinary oils add their own health benefits and contribute to NingXia Red's delicious flavour.



CERTIFICATIONS



The Ningxia Wolfberry

NingXia Red® provides a whole-body nutrient infusion to energise, fortify and revitalise the body. It is a tasty, simple way for your whole family to infuse everyday with health, wellness and essential oil nutrients that modern diets often lack.

The Wolfberry, commonly known as the goji berry, has been sought after for centuries with ongoing research continuing to yield exciting new properties and benefits.

It is revered for its unparalleled nutritional profile, including fibre, protein, zeaxanthin, critical amino acids, polyphenols, polysaccharides, antioxidants and more!



Zeaxanthin is what gives wolfberries their bright red colour

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YOUNG LIVING
ESSENTIAL OILS

NINGXIA

ZYNG

Hydrating Splash
of Energy



LIME · WOLFERRY · BLACK RASPBERRY
SPARKLING BEVERAGE

8.28 fl. oz. (245 ml)

ALL ABOUT NingXia Zyng™

NingXia Zyng™ is a delicious, sparkling, guilt-free and refreshing alternative to energy drinks. It invigorates the body, providing natural energy without artificial flavours, colours, sweeteners or preservatives, delivering a lot of refreshment with little carbonation or calories.

WHAT GIVES THIS BEVERAGE ITS ZING AND HYDRATING ENERGY?

NingXia Zyng™ uses the same whole-fruit wolfberry puree found in NingXia Red®. We add pear and blackberry juices and a hint of Lime and Black Pepper essential oils for a dynamic, unique taste. Naturally occurring caffeine from white tea leaf extract helps provide a splash of hydrating energy without the negative side effects that you experience with synthetic caffeinated sodas and energy drinks. We then add sparkling water and vitamins A, E and B for delicious, vitamin-infused refreshment.



Lime
essential oil



Black Pepper
essential oil

CERTIFICATIONS



View the Truth About Energy Drinks
video by scanning the QR code

DID YOU KNOW

35

calories
per can

35_{mg}

of naturally occurring caffeine
from white tea extract.



Take a shot of NingXia everyday!

Get creative with NingXia Red® by introducing Young Living's pure, culinary essential oils to your daily shot. Just one or two drops will add a delicious burst of flavour to make this delightful drink even more interesting, enjoyable and nutritious.

Be as innovative as you'd like or follow some of our trusted recipes.

DID YOU KNOW



We use wolfberry puree instead of juice so that the NingXia Red® includes the goodness of the whole berry, including the skin, juice and pulp ensuring you are not missing out on any transformative benefits! (See Clinical Study page)

Shots



METHOD

As Young Living essential oils are highly concentrated, be sure to add your chosen flavours slowly and carefully and mix well. Choose 30-60 ml of NingXia Red® based on your personal taste preference. Enjoy your favourite NingXia Red® shot in a chilled glass.

PUMP IT UP		PERK ME UP		CITRUS BURST	
30-60 ml	NingXia Red®	30-60 ml	NingXia Red®	30-60 ml	NingXia Red®
1 drop	Grapefruit	1 drop	Orange	2 drops	Grapefruit
1 drop	Lime	1 drop	Tangerine	1 drop	Citrus Fresh
1 drop	Lemon	1 drop	Cinnamon Bark	1 drop	Lemon
1 drop	Peppermint				

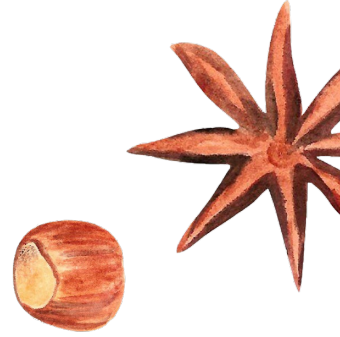
MORNING GOODNESS		BAJA BLASTER		CLEANSING BOOST	
30-60 ml	NingXia Red®	30-60 ml	NingXia Red®	30-60 ml	NingXia Red®
1 drop	Lemon	3 drops	Lime	1 drop	Lemon
1 drop	Frankincense	2 drops	Orange	1 drop	Grapefruit



FRANKLY FLORAL		LAVENDER LEMONADE		SUGAR AND SPICE AND ALL THINGS NICE	
30-60 ml	NingXia Red®	30-60 ml	NingXia Red®	30-60 ml	NingXia Red®
1 drop	Lavender	1 drop	Lavender	2 drops	Grapefruit
1 drop	Frankincense	1 drop	Lemon	1 drop	Lemon
				1 drop	Ginger

DREAMSICLE		SPRING FLING		SWEET CITRUS	
30-60 ml	NingXia Red®	30-60 ml	NingXia Red®	30-60 ml	NingXia Red®
2 drops	Orange	1 drop	Lavender	1 drop	Bergamot
1 drop	Lime	1 drop	Lemon	1 drop	Tangerine
1 drop	Tangerine	1 drop	Peppermint		
1 drop	Lemon				





FIREBALL		BLACK & RED		TURN UP THE HEAT	
30-60 ml	NingXia Red®	30-60 ml	NingXia Red®	30-60 ml	NingXia Red®
2 drops	Cinnamon Bark	1 drop	Black Pepper	2 drops	Peppermint
1 drop	Clove			2 drops	Cinnamon Bark

MERRY & BRIGHT		MINTY WONDERLAND		WARM & COSY	
30-60 ml	NingXia Red®	30-60 ml	NingXia Red®	30-60 ml	NingXia Red®
1 drop	Cinnamon	1 drop	Peppermint	1 drop	Ocotea
1 drop	Nutmeg	1 drop	Nutmeg	1 drop	Frankincense
1 drop	Orange				





Magic Up a Mocktail

A shot of NingXia Red® everyday not only rewards your tastebuds but delivers exceptional wellness benefits too! Still, there are so many ways to enjoy the intense, rich flavours of NingXia Red®. Try these fabulous recipes to create delectable, wholesome mocktails to enjoy on hot days, lazy days or to impress your guests.

HOW TO ENJOY YOUR MOCKTAILS

NingXia Red® mocktails are perfect for entertaining and guaranteed to impress. Here are some tips to get you started:

- Use a clean jar or cocktail shaker to mix your mocktails.
- Always add sparkling ingredients last.
- Make the mocktails a centrepiece by using clear glass jugs that showcase the rich colours of your creations.
- Dress up your mocktails with garnishes, like fresh fruit, edible flowers, lavender or rosemary sprigs.
- Serve your mocktails on a pretty tray with chilled glasses and scatter garnishes for an extra wow!

DID YOU KNOW

Young Living's wolfberries are grown and harvested under strict Seed to Seal® specifications and practices. Once harvested, they're cleaned, meticulously screened and pureed. Rigorous testing and quality checks by Young Living's Research and Development team are conducted before they are combined with other superfruits and essential oils to create NingXia Red®.



To learn more about Seed to Seal scan the QR code (or visit SeedtoSeal.com)



TROPICAL DELIGHT

Inspired by Lys Vollmann

60 ml	NingXia Red®
120 ml	pineapple juice
30 ml	orange juice

MORNING BOOST ICED TEA

Inspired by Isabelle Hammarstrom

60 ml	NingXia Red®
120 ml	Black tea
1 drop	Lemon essential oil
1 drop	Orange essential oil
Ice as preferred	

COCO CRUISER

Inspired by Tsubasa Mercy

60 ml	NingXia Red®
120 ml	coconut milk
½ fresh pureed mango	

THINK PINK SPRITZER

Inspired by Jenn Fliter

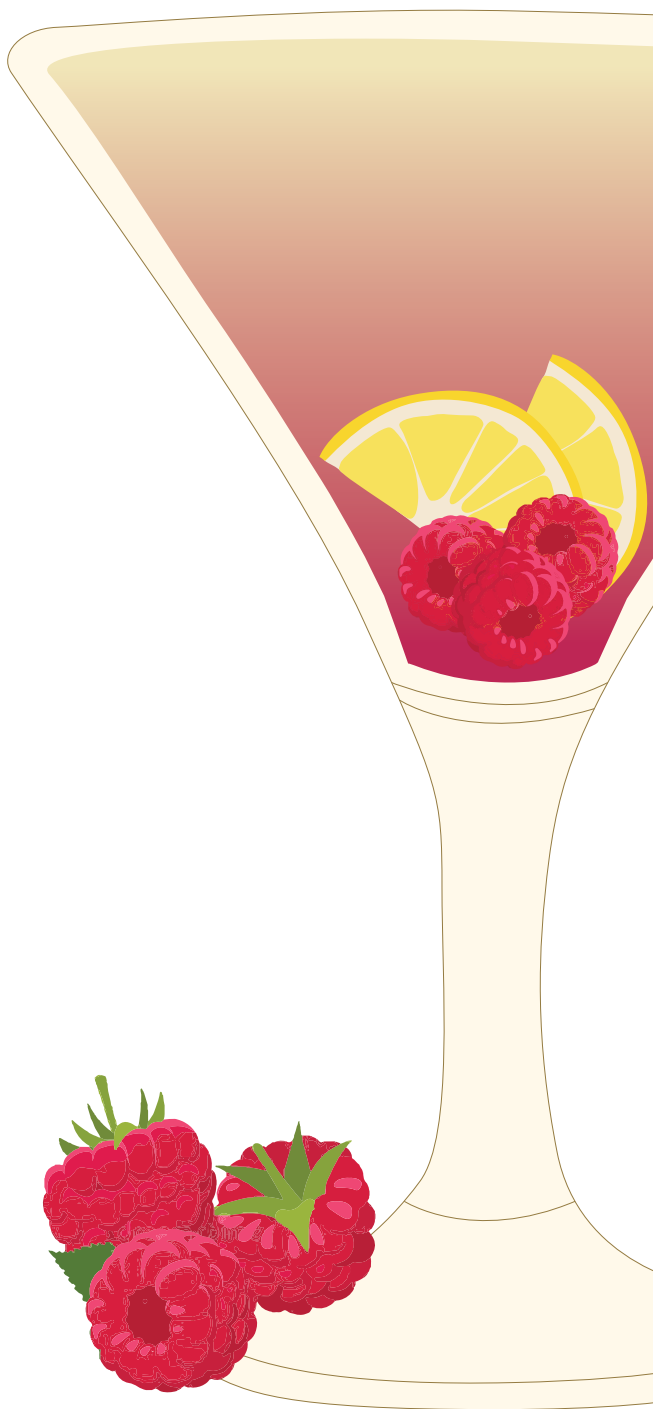
60 ml	NingXia Red®
1 drop	Tangerine essential oil
120 ml	raspberry kombucha

BERRY SUNSET SPLASH

1 can	NingXia Zyng™
120 ml	cranberry juice
½ cup	fresh raspberries
2	lemon wedges

LIME OF THE PARTY

60 ml	NingXia Red®
1 can	NingXia Zyng™
2 drops	Lime essential oil



By Chef Kate McAloon

SUNSET PUNCH

INGREDIENTS:

MAKES: 1 drink
PREP TIME: 5 - 10mins

¼ cup orange juice
¼ cup sparkling apple juice
¼ cup NingXia Red®

ESSENTIAL OILS:

4 drops Orange and/or Tangerine
2 drops Lemon
1 drop Citrus Fresh (optional)

NingXia Zylng™ (to finish topping up mocktail)
Ice (for serving)
Optional garnishes

METHOD:

1. Simply add all the ingredients to your glass (approximately ¾ full) and essential oils (to your preference) and then stir with ice to chill.
2. To create a visually pleasing presentation, add some garnishes such as citrus or strawberry slices, mint leaves and edible flowers on the side of the glass so they peek through.
3. Finally top off your mocktail with a splash of NingXia Zylng™ or any other desired garnishes - like extra ice cubes!

NOTE: This recipe can easily be doubled or tripled to serve in a jug or punch bowl.



Bring sophistication to your next get-together with this nutritious and gorgeous mocktail! Everyone will love the exquisite flavours while knowing that they are also nourishing their bodies with healthy ingredients.

TIP

Looking for a way to make your mocktails truly special? Try rimming the glasses! Add about one tablespoon of NingXia Red® on a flat plate and on another plate an equal amount of crushed freeze-dried berries. Then, dip the rim of the glass in the NingXia Red followed by the crushed freeze-dried berries – it will give them a festive look with minimal effort.

LAVENDER LEMON COOLER

INGREDIENTS:

MAKES: 1 drink
PREP TIME: 5 - 10mins

½ cup lemonade* (pre-mixed with butterfly pea flower powder - see TIP)

½ cup sparkling apple juice*

2 squeezes YL Vytalyte Drops Lemon Lavender

ESSENTIAL OIL:

4 drops Lemon

NingXia Zying™ (optional to top up glass)

Ice (for serving)

Optional garnishes

METHOD:

1. Make sure to have all the ingredients measured and chilled ahead of time.
2. Pour all the drink ingredients into your glass (approximately ¾ full), add garnishes and stir with ice to chill.
3. Garnish with lemon and lime slices, berries and edible flowers around the inside of the glass.
4. Top up with NingXia Zying™ or more ice as needed before adding a fresh sprig of thyme or lavender and serve immediately.

NOTE: This recipe can easily be multiplied to make a bigger batch, served in a jug or punch bowl.



The captivating colour of this refreshing lavender mocktail is derived from the naturally occurring butterfly pea flower. This extraordinary ingredient has truly magical qualities as it darkens to a rich purple-blue when mixed with citrus juice, transforming into an exquisite shade of light lavender pink! Not only does it make for a stunning beverage but it also has widely known health benefits.

TIP

To create a beautiful lavender hue, mix ½ – 1 tsp of butterfly pea flower (add more for a darker shade) with 450 ml lemonade, mix well in the bottle or shaker then strain out solids before using. Butterfly pea flower powder can be found at health food stores and online.

By Chef Kate McAloon

SWEET BREEZE

INGREDIENTS:

MAKES: 1 drink
PREP TIME: 5 - 10mins

¼ cup pink grapefruit juice (fresh squeezed, if possible) or sparkling apple juice
2 squeezes YL Vytalylte Drops Grapefruit Bergamot

ESSENTIAL OIL:

3 drops Grapefruit
2 drops Lemon

NingXia Zyng™ (optional to top up glass)
Ice (for serving)
Optional garnishes

METHOD:

1. Combine all the ingredients in a glass (approximately ¾ full) and stir with ice to chill.
2. Add pink grapefruit or lime slices, berries and edible flowers.
3. Top up with a bit of NingXia Zyng™ and garnish with fresh mint leaves to add finishing touches!

NOTE: This recipe can easily be multiplied to make a bigger batch, served in a jug or punch bowl.



**This zesty
mocktail is full of
refreshing flavour
and is sure to
impress!**

TIP

To create the best-tasting mocktail, reach for freshly squeezed pink grapefruit juice. If you don't have access to fresh ingredients, bottled works too. Have a large glass? Consider adding some NingXia Zyng™ to top it off! This drink is most eye-catching when served in a tall glass.



Create stunning ice cubes to add a unique, decorative touch to your drinks! All you need are silicone ice cube trays, filtered water, sliced grapefruits and small mint leaves. For a showstopping presentation, opt for edible flowers, berries or other fruit pieces.



Scrumptious recipes your family will love!

NingXia Red® will fast become an essential part of your everyday wellness regime. You'll soon discover how easy it is to incorporate into everyday recipes. Apart from its wellness benefits, it adds a unique, intense flavour that elevates the ordinary to the extraordinary! Try these mouth-watering recipes to see what we mean.

MAKE THE MOST OF NINGXIA RED®

- **Maximise the benefits:** Drink 30-60 ml two to three times daily at 8AM, 10AM and 2PM. This will help extend the benefits of the NingXia Red® proprietary formula throughout the day
- **Tailor it to your taste:** Add a drop of your favourite Young Living culinary essential oil
- **Add some sparkle:** Add 60 ml to sparkling water for a refreshing summer fizz
- **Get whole fruit goodness:** Tip your NingXia Red® bottle upside down and back again 3-4 times
- **Chill out:** Keep it chilled and ready to go for a refreshingly irresistible drink
- **Enjoy a power-packed breakfast:** Add it to your smoothie or acai bowl or juice

NINGXIA BERRY PIE

By Chef Kate McAloon

INGREDIENTS:

1 pie crust (premade or homemade)	1 tbsp lemon juice
1½ cups blueberries	½ cup raw sugar (to taste)
1½ cup raspberries	1 pinch of sea salt (optional, to taste)
1½ cup strawberries (cut in quarters)	1 cup rolled oats
½ cup NingXia Red®	½ cup brown sugar, packed or coconut
½ cup cornflour	sugar (to taste)

ESSENTIAL OIL: 2-3 drops Lemon

METHOD:

1. Preheat the oven to 220°C and place a rimmed baking tray on the bottom rack of the oven to catch any drips while the pie is baking.
2. In a large bowl gently mix all the filling ingredients and leave them for approx. 15 minutes to thicken. Stir them gently a few times to ensure the ingredients are well mixed. (If the pie filling is a bit too runny, stir in a little more cornflour and mix well. If it is too thick stir in a little more NingXia Red®.)
3. While the filling is thickening, in a medium bowl mix together the topping ingredients and set aside.
4. Line a pie tin with the crust and press evenly to fill the tin. Then crimp the edges with your fingers and cut off the excess dough. Note you can also use a premade crust.
5. Fill the crust with the berry mixture and smooth the top. Then evenly sprinkle with the topping mixture.
6. Place the pie in the oven and bake for 20 minutes on 220°C.
7. Then reduce the oven to 180°C and continue baking until the filling is bubbling for approx. 50–60 minutes. Check while baking to make sure the edges of the pie are not burning and loosely cover with a piece of baking paper, if needed.
8. Let the pie cool for at least 1 hour before serving to help it set. You can serve it with ice cream, non-dairy ice cream, sweetened cream or sweetened yoghurt.

TIP: If substituting with frozen berries, be sure to thaw in a strainer then squeeze out excess liquid.

ISLAND ESCAPE SMOOTHIE

Inspired by Peta Jarman

INGREDIENTS:	
¼ cup NingXia Red®	1 small banana
¾ cup watermelon chunks	¼ cup coconut yoghurt
¼ cup of frozen berries	
METHOD:	TIP
1. Mix and pulse all ingredients in a blender until super smooth.	Add a little extra if and when, the mood takes you. A little fresh mint, some chia seeds or pulsed rolled oats. The sky's the limit!

SWEET SUMMER SMOOTHIE

Inspired by Louise Gutsche

INGREDIENTS:	
¼ cup NingXia Red®	1 cup pineapple
1 small banana	¼ cup Greek yoghurt
METHOD:	
1. Mix and pulse all ingredients in a blender until super smooth.	

WATERMELON SQUASH POPSICLE

Inspired by Louise Gutsche

INGREDIENTS:

Requires 4 icy pole moulds.

2 cups NingXia Red®

½ cup watermelon

ESSENTIAL OIL:

2 drops Lemon

METHOD:

1. Blend all ingredients, pour into moulds and freeze for 6-8 hours.

ZYNG-BACK SPIDER

Inspired by Rebecca De Aguir

INGREDIENTS:

1 can NingXia Zyng™

1 scoop vanilla ice cream

TIP

Frozen yoghurts and sorbets make a delicious and refreshing alternative to ice cream.

METHOD:

1. Pour the chilled NingXia Zyng™ into a glass, add a scoop of ice cream and enjoy!

NingXia Red

GUMMIES

INGREDIENTS:

Requires silicon moulds in your preferred shapes.

1 cup NingXia Red®

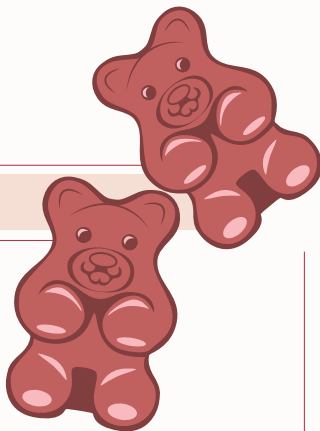
1 ½ teaspoons Agar Agar*

4 teaspoons Manuka Honey

ESSENTIAL OILS:

3 drops Grapefruit

3 drops Lime



METHOD:

1. Combine NingXia Red®, gelatin and honey in a saucepan
2. Mix until fully dissolved on a medium-high heat
3. Once boiling, stir in essential oils
4. Pour into silicon moulds
5. Cool in the fridge for an hour or until set

NingXia Red

COCOBERRY ICY POLES

INGREDIENTS:

(Makes 4 popsicles)

Requires 4 icy pole moulds.

1 cup NingXia Red®

¼ cup coconut milk

½ cup sliced organic berries

ESSENTIAL OIL:

10 drops Orange or Tangerine



METHOD:

1. Combine NingXia Red®, water or coconut milk and Orange or Tangerine essential oil
2. Slice berries and place into moulds
3. Pour liquid mixture into moulds, covering the fruit
4. Freeze for 6-8 hours

NingXia Red CHIA PUDDING

Inspired by bit.ly/20ningxiarecipesia-red-recipes/

INGREDIENTS:

(Makes 4 popsicles)

½ cup NingXia Red®

2 tbsp chia seeds

1 tbsp honey or maple syrup



METHOD:

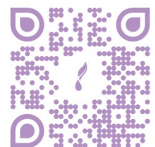
1. Mix in a bowl, spoon into glasses if preferred and refrigerate for 4 hours
2. Stir occasionally for the first hour to ensure smooth consistency

ABOUT OUR YL CULINARY OILS AMBASSADOR CHEF KATE



Chef Kate McAloon, “Chef to the Stars and Beyond!”, is a talented cook and globetrotter who has lived in many places around the world, from the French Riviera to Hawaii and London. She has cooked for various celebrity clients such as Miranda Kerr & Orlando Bloom, Gwyneth Paltrow, Sheryl Crow and Meg Ryan. Chef Kate loves to bring people together through food by combining her favourite global destinations with organic ingredients and Young Living Essential Oils for a burst of flavour. She believes that when you eat organic, very tasty and deeply satisfying food, you will naturally eat less and feel better.

Find more Chef Kate recipes on
our Lavender Life blog!



The NingXia Red®

CLINICAL STUDY



Looked at 160 healthy adults ages 18-70.

Divided them into two groups:

Experiment:

Participants consumed 60 ml of NingXia Red® beverage each morning for 60 days.

Control:

Participants made no other changes to their healthy routines.

Scan here to view the NingXia Red® Clinical Study or visit to view the incredible results from NingXia Red Clinical Study below
bit.ly/ningxiaredclinicalstudy



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