

Rosie's Notebook

100 YUMMY RECIPES USING ESSENTIAL OILS



ALL MY FAVORITE RECIPES RIGHT OUT
OF MY NOTEBOOKS...

CHEERING YOU ON!

ROSIE G

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BANANA SUSHI

PREP TIME: 20 MINUTES

REST TIME: 1 HOUR

PEANUT BUTTER WILD ORANGE SUSHI

- 1 BANANA
- NATURAL PEANUT BUTTER
- DARK CHOCOLATE CHIPS, HIGH QUALITY
- SHREDDED COCONUT
- FLAKED SEA SALT (FINISHING SALT)
- 1 DROP WILD ORANGE ESSENTIAL OIL

1. WITH A SPOON, SPREAD PEANUT BUTTER OVER TOP HALF OF BANANA.
2. SPRINKLE SEA SALT AND THEN COCONUT.
3. MELT SMALL AMOUNT OF CHOCOLATE CHIPS IN MICROWAVE, STIRRING OCCASIONALLY UNTIL GLOSSY.
4. PUT 1 DROP OF WILD ORANGE ESSENTIAL OIL INTO CHOCOLATE, STIRRING TO MIX.
5. WITH A SPOON, DRIZZLE CHOCOLATE OVER BANANA.

RASPBERRY LIME SUSHI

- 1 BANANA
- FRESH RASPBERRIES, SLICED IN HALF GOOD QUALITY
- WHITE CHOCOLATE (NOT THE WAXY WAFERS, THE GOOD KIND!)
- CHIA SEEDS
- 1 DROP LIME ESSENTIAL OIL

1. MELT SMALL AMOUNT OF WHITE CHOCOLATE CHIPS IN MICROWAVE, STIRRING OCCASIONALLY UNTIL GLOSSY.
2. PUT 1 DROP OF LIME ESSENTIAL OIL INTO CHOCOLATE, STIRRING TO MIX.
3. WITH A SPOON, CAREFULLY SPREAD WHITE CHOCOLATE OVER TOP HALF OF BANANA.
4. SPRINKLE CHIA SEEDS, THEN GENTLY PRESS RASPBERRIES OVER THE TOP, CONVEX SIDE UP, FLATTENING SLIGHTLY

DARK CHOCOLATE CHIA CARDAMOM SUSHI

- 1 BANANA
- DARK CHOCOLATE CHIPS
- CHIA SEEDS
- CHOPPED PISTACHIOS
- 1 TOOTHPICK CARDAMOM ESSENTIAL OIL

1. MELT DARK CHOCOLATE CHIPS IN MICROWAVE, STIRRING OCCASIONALLY UNTIL GLOSSY.
2. PUT 1 TOOTHPICK DIPPED IN CARDAMOM ESSENTIAL OIL INTO CHOCOLATE, STIRRING TO MIX.
3. WITH A SPOON, CAREFULLY SPREAD CHOCOLATE OVER TOP HALF OF BANANA.
4. SPRINKLE CHIA SEEDS, THEN CHOPPED PISTACHIOS. ADD FLAKED SEA SALT IF DESIRED.

TO FINISH: PLACE BANANAS IN FREEZER AND FREEZE FOR ABOUT AN HOUR. TRANSFER SUSHI TO SERVING PLATTER AND SLICE, REMOVING POINTED ENDS. AT THIS POINT THE SUSHI CAN BE SERVED OR PLACED BACK INTO THE FREEZER FOR LATER CONSUMPTION. WHEN SERVING, MAKE AVAILABLE PAIRS OF CHOPSTICKS AND LITTLE DISHES OF “SOY SAUCE” AND OTHER SUSHI “CONDIMENTS,” SUCH AS CHOCOLATE, CARAMEL, ALMOND BUTTER, RAW SUGAR, CHIA SEEDS, RAW HONEY, AND SO ON. BE CREATIVE!



SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-BANANA-SUSHI](http://doterra.com/US/en/blog/recipe-banana-sushi)

BASIL MARINATED ROASTED PEPPER & MANCHEGO SANDWICH WITH BASIL ESSENTIAL OIL

SERVINGS: 4-6

PREP TIME: 3 HOURS

COOK TIME: 10 MINUTES

DIFFICULTY: EASY

MARINADE:

- 3-5 DROPS BASIL ESSENTIAL OIL
- 2 TABLESPOONS TRUFFLE OIL OR EXTRA VIRGIN OLIVE OIL
- 1 TABLESPOON BALSAMIC VINEGAR
- 2 GARLIC CLOVES, MINCED
- 1 TEASPOON KOSHER SALT
- 3/4 TEASPOON FRESHLY GROUND PEPPER

SANDWICH:

- 4 WHOLE ROASTED PEPPERS (EITHER HOMEMADE OR JARRED)
- 1 LARGE LOAF CIABATTA BREAD, HALVED HORIZONTALLY
- 1 12-OUNCE WEDGE MANCHEGO CHEESE AT ROOM TEMPERATURE
- 2 CUPS BABY ARUGULA



1. ADD TRUFFLE OIL, BALSAMIC VINEGAR, GARLIC, SALT, PEPPER, AND BASIL ESSENTIAL OIL TO A SMALL, FLAT-BOTTOMED CONTAINER.
2. WHISK TO COMBINE.
3. ADD PEPPERS TO THE MIXTURE AND SWILL AROUND IN MARINADE UNTIL PEPPERS ARE THOROUGHLY COATED.
4. COVER WITH PLASTIC WRAP AND REFRIGERATE FOR A FEW HOURS TO ALLOW THE FLAVORS SOME TIME TO DEVELOP.
5. TO ASSEMBLE THE SANDWICHES, FIRST ADD A LAYER OF ARUGULA, THEN A LAYER OF MANCHEGO, THEN THE ROASTED PEPPERS.
6. TOP WITH MORE ARUGULA AND DRIZZLE WITH THE MARINADE.
7. TOP WITH THE TOP HALF OF THE CIABATTA AND CUT INTO INDIVIDUAL SERVINGS.

TIPS: THIS SANDWICH WOULD ALSO BE AMAZING AS A PANINI OR WITH THE BREAD TOASTED.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-MANCHEGO-SANDWICHES](http://doterra.com/US/en/blog/recipe-manchego-sandwiches)

BLACK BEAN BROWNIES

SERVINGS: 9

PREP TIME: 10 MINUTES

COOK TIME: 35 MINUTES

DIFFICULTY: EASY

- 1 (15 OUNCE) CAN BLACK BEANS, DRAINED AND RINSED
- 2 LARGE EGGS
- 1/4 CUP COCOA POWDER
- 2/3 CUP HONEY
- 1/3 CUP COCONUT OIL
- 1/2 TEASPOON BAKING POWDER
- PINCH OF SALT
- 4 DROPS PEPPERMINT ESSENTIAL OIL
- 3/4 CUP CHOCOLATE CHIPS,
DIVIDED

1. PREHEAT OVEN TO 350 DEGREES FAHRENHEIT.
2. PLACE ALL INGREDIENTS, EXCEPT FOR CHOCOLATE CHIPS, IN BLENDER OR FOOD PROCESSOR AND BLEND UNTIL SMOOTH.
3. POUR BATTER INTO LARGE BOWL AND STIR IN 1/2 CUP CHOCOLATE CHIPS.
4. POUR INTO GREASED 8X8 INCH PAN AND TOP WITH 1/4 CUP CHOCOLATE CHIPS.
5. BAKE 30-35 MINUTES OR UNTIL A TOOTHPICK COMES OUT CLEAN.

TIPS:

WHEN COOKING WITH ESSENTIAL OILS, START SMALL. ADD ONE DROP AND THEN MORE IF NECESSARY TO KEEP THE OIL FROM OVERPOWERING THE RECIPE.



- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-BLACK-BEAN-BROWNIES](http://doterra.com/US/en/blog/recipe-black-bean-brownies)

WILD ORANGE PEANUT BUTTER SANDWICH

SERVINGS: 1

PREP TIME: 5 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- PEANUT BUTTER
- FRESH BANANA SLICES
- HONEY
- WILD ORANGE ESSENTIAL OIL
- WHOLE WHEAT BREAD

1. MIX 2 DROPS OF DOTERRA WILD ORANGE ESSENTIAL OIL INTO PEANUT BUTTER.
2. AFTER PLACING ON BREAD WITH BANANAS, DRIZZLE WITH HONEY.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-WILD-ORANGE-PEANUT-BUTTER-SANDWICH](http://doterra.com/US/en/blog/recipes-wild-orange-peanut-butter-sandwich)



HONEY LIME CHICKEN WINGS

SERVINGS: 6

PREP TIME: 15 MIN

COOK TIME: 40 MIN

DIFFICULTY: EASY



- ZEST OF 2 LIMES
- 1 LIME, JUICED
- 2-3 DROPS dōTERRA LIME ESSENTIAL OIL
- ¼ CUP HONEY
- 4 CLOVES OF GARLIC; SMASHED, SKINS REMOVED
- 2 TABLESPOONS SOY SAUCE
- ¼ TEASPOON TABASCO SAUCE
- 4 POUNDS (ABOUT 24) CHICKEN WINGS; WASHED AND PATTED DRY
- COARSE SALT

1. COMBINE LIME ZEST, LIME JUICE, dōTERRA LIME ESSENTIAL OIL, HONEY, GARLIC, SOY SAUCE, AND TABASCO SAUCE IN A LARGE BOWL.
2. ADD CHICKEN WINGS AND TOSS TO COMBINE. COVER WITH PLASTIC WRAP AND REFRIGERATE, STIRRING OCCASIONALLY, FOR AT LEAST 3 AND UP TO 8 HOURS.
3. PREHEAT OVEN TO 450 DEGREES FAHRENHEIT. LINE 2 BAKING SHEETS WITH ALUMINUM FOIL, THEN PLACE RACKS ON BAKING

SHEETS.

4. REMOVE WINGS FROM MARINADE AND PLACE ON RACKS, RESERVING MARINADE. BRUSH WINGS WITH MARINADE AND SPRINKLE WITH SALT.
5. BAKE 15 MINUTES. REMOVE FROM OVEN. BASTE BOTH SIDES WITH RESERVED MARINADE. RETURN TO OVEN AND ROAST UNTIL COOKED THROUGH (20 TO 25 MINUTES).

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-HONEY-LIME-CHICKEN-WINGS](http://doterra.com/US/en/blog/recipes-honey-lime-chicken-wings)

CHOCOLATE MINT MACA SMOOTHIE

SERVINGS: 1-2

PREP TIME: 5 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- 1 CUP ALMOND MILK
- 1 CUP KALE
- 1/4 AVOCADO
- 3 DATES, PITTED
- 1 TABLESPOON CACAO POWDER
- 1 TEASPOON MACA POWDER
- 1-2 DROPS PEPPERMINT ESSENTIAL OIL

1. COMBINE INGREDIENTS, EXCEPT ESSENTIAL OIL, IN A BLENDER. BLEND UNTIL SMOOTH AND CREAMY. ADD ESSENTIAL OIL TO TASTE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-CHOCOLATE-MINT-MACA-SMOOTHIE](http://doterra.com/US/en/blog/recipes-chocolate-mint-maca-smoothie)



PEPPERMINT CHOCOLATES

SERVINGS: 28
PREP TIME: 10 MINS
COOK TIME: 5 MINS
DIFFICULTY: EASY



- ō 1½ CUP ORGANIC COCONUT OIL
- ō ¼ CUP RAW HONEY
- ō 1 CUP DARK OR SEMI-SWEET CHOCOLATE CHIPS
- ō 1 CANDY CANE, CRUSHED
- ō 3 DROPS PEPPERMINT ESSENTIAL OIL

1. WHIP SOLID COCONUT OIL, RAW HONEY, AND PEPPERMINT ESSENTIAL OIL TOGETHER WITH HAND MIXER. THE WHIPPED FILLING SHOULD BE WHITE AND FLUFFY WHEN COMPLETE.
2. REFRIGERATE WHIPPED FILLING FOR ABOUT FIVE MINUTES.
3. USE A SMALL SCOOP OR MEASURING SPOON TO MAKE SMALL MOUNDS OF MINT FILLING. PRESS DOWN WITH SPOON OR FINGER TO MAKE A FLAT SHAPE.
4. PLACE EACH PIECE ON SHEET OF PARCHMENT PAPER ON TOP OF COOKIE SHEET. RETURN MINTS TO FREEZER UNTIL READY TO COAT WITH CHOCOLATE.

5. IN SMALL SAUCEPAN OR DOUBLE BOILER, GENTLY MELT CHOCOLATE CHIPS OVER

LOW HEAT.

6. TAKE MINTS OUT OF FREEZER. USE FORK TO DIP EACH PIECE IN MELTED CHOCOLATE. PLACE ON TOP OF COOLING RACK.
7. FOR HOLIDAY FUN, SPRINKLE WITH CRUSHED CANDY CANE IMMEDIATELY AFTER COATING.
8. PUT CHOCOLATES BACK IN FREEZER TO COOL UNTIL HARDENED. SERVE CHOCOLATES IMMEDIATELY OR STORE IN REFRIGERATOR UNTIL YOU ARE READY TO EAT THEM.

SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-PEPPERMINT-CHOCOLATES](http://doterra.com/US/en/blog/recipes-peppermint-chocolates)

CHILI LIME MARINADE

SERVINGS: 2-3

PREP TIME: 5 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- 1 ½ TABLESPOONS FRESH CILANTRO, CHOPPED
- 2 TABLESPOONS HONEY OR AGAVE
- 2 TABLESPOONS WATER
- 8 DROPS LIME ESSENTIAL OIL
- 1 CLOVE GARLIC, MINCED
- 1 TABLESPOON LEMON GRASS, MINCED
- 1 TABLESPOON CHILI FLAKES
- 1 ½ TABLESPOONS GINGER
- 2 TABLESPOONS COCONUT OIL

1. MIX ALL INGREDIENTS TOGETHER.

TIPS: RECOMMENDED WITH SHRIMP

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-CHILI-LIME-MARINAIDE](http://doterra.com/US/en/blog/recipes-chili-lime-marinaide)



INDIAN MARINADE

SERVINGS: 3-4

PREP TIME: 5 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- ō 1 CUP PLAIN WHOLE-MILK YOGURT
- ō 2 TABLESPOONS COCONUT OIL
- ō 1 TEASPOON GROUND CUMIN
- ō 1 TEASPOON GROUND TURMERIC
- ō ½ TEASPOON GROUND CORIANDER
- ō 1 DROP CINNAMON OR CLOVE ESSENTIAL OIL

1. MIX ALL INGREDIENTS TOGETHER

TIPS: RECOMMENDED WITH CHICKEN.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-INDIAN-MARINAIDE](http://doterra.com/US/en/blog/recipes-indian-marinaide)



JALAPENO AND GOAT CHEESE WHITE BEAN HUMMUS WITH CILANTRO AND LIME ESSENTIAL OILS

SERVINGS: 15
PREP TIME: 30
COOK TIME: 5
DIFFICULTY: EASY

- 2 CANS WHITE KIDNEY BEANS
- 1-2 JALAPENOS, DEPENDING ON YOUR PREFERRED SPICE LEVEL
- 2-OUNCE PLAIN GOAT CHEESE
- 1 TOOTHPICK CILANTRO ESSENTIAL OIL
- 1-3 DROPS LIME ESSENTIAL OIL
- 1 TEASPOON CUMIN
- 1 TEASPOON HONEY
- 1 TEASPOON SALT
- 1/2 TEASPOON PEPPER
- 1-2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 1-3 TABLESPOONS WATER FOR DESIRED CONSISTENCY

1. PREHEAT OVEN TO BROIL (500° F).

2. PLACE JALAPENOS ON A BAKING SHEET AND RUB WITH OLIVE OIL.

ROAST PEPPERS UNDER THE BROILER UNTIL JALAPENO SKIN IS BLISTERED AND BLACKENED (ABOUT 5-10 MINUTES). TURN THEM WITH A PAIR OF TONGS PERIODICALLY TO ENSURE ALL SIDES ARE EQUALLY DONE. ONCE DONE, PULL JALAPENOS FROM THE OVEN WITH A PAIR OF TONGS AND PLACE IN A COVERED BOWL. THIS ALLOWS THE SKIN TO STEAM AND LOOSEN. REMOVE SKINS (THEY WILL PEEL OFF), TOPS, AND SEEDS, THEN ROUGHLY CHOP.

3. PLACE ALL INGREDIENTS, EXCEPT CILANTRO ESSENTIAL OIL AND OLIVE OIL, INTO THE BOWL OF A FOOD PROCESSOR.

4. PULSE 5-6 TIMES. ADD A TOOTHPICK OF CILANTRO ESSENTIAL OIL BY DIPPING THE TOOTHPICK INTO THE OIL AND THEN SWIRLING IT INTO THE DIP.

5. PULSE 10-15 TIMES ADDING SMALL AMOUNTS OF OLIVE OIL UNTIL THE DESIRED CONSISTENCY IS REACHED. TASTE AND ADJUST ANY SEASONINGS TO YOUR LIKING. STORE IN THE REFRIGERATOR BUT SERVE AT ROOM TEMPERATURE WITH GARLIC CROSTINI, VEGGIES, WHOLE GRAIN CHIPS, OR PITA SLICES.



- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-JALAPENO-AND-GOAT-CHEESE-WHITE-BEAN- HUMMUS](http://doterra.com/US/en/blog/recipe-jalapeno-and-goat-cheese-white-bean-hummus)

ITALIAN SUMMER SKEWERS WITH A ROSEMARY BALSAMIC REDUCTION

SERVINGS: 6-7

PREP TIME: 5-10 MIN

COOK TIME: 25 MIN

DIFFICULTY: EASY

- ō 1 CUP BALSAMIC VINEGAR
- ō ¼ CUP BROWN SUGAR
- ō 1-3 DROPS OF ROSEMARY

ESSENTIAL OIL

- ō 1 LARGE CANTALOUPE, CUT INTO
- ō 1-INCH CUBES
- ō 1 LB. THINLY SLICED GOOD-QUALITY SALAMI (WE USED TARTUFO CREMINELLI BRAND)
- ō 40 SMALL MOZZARELLA BALLS

1. MIX BALSAMIC VINEGAR WITH BROWN SUGAR IN A SAUCEPAN OVER MEDIUM HEAT, STIRRING CONSTANTLY UNTIL SUGAR HAS DISSOLVED.
2. BRING TO A BOIL, REDUCE HEAT TO LOW, AND SIMMER UNTIL GLAZE IS REDUCED BY HALF; ABOUT 20 MINUTES.
3. LET COOL AND ADD DESIRED AMOUNT OF ROSEMARY ESSENTIAL OIL.
4. ONTO SMALL COCKTAIL SKEWERS, THREAD PROSCIUTTO, MOZZARELLA, AND MELON CUBES. PLACE ON A SERVING PLATTER AND DRIZZLE WITH BALSAMIC REDUCTION AND SERVE IMMEDIATELY.



TIPS:

THYME ESSENTIAL OIL ALSO WORKS NICELY IN THIS RECIPE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-ITALIAN-SUMMER-SKEWERS-WITH-ROSEMARY-BALSAMIC-REDUCTION](http://doterra.com/US/en/blog/recipe-italian-summer-skewers-with-rosemary-balsamic-reduction)

HONEY LIME FRUIT DIP

SERVINGS: 3-4

PREP TIME: 5 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- ō 1 CUP PLAIN YOGURT
- ō 2 TABLESPOONS HONEY
- ō 1-2 DROPS LIME ESSENTIAL OIL

MIX ALL TOGETHER AND CHILL FOR 10 MINUTES BEFORE SERVING

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-HONEY-LIME-FRUIT-DIP](http://doterra.com/US/en/blog/recipes-honey-lime-fruit-dip)



LAVENDER CUPCAKES

SERVINGS: 12

PREP TIME: 5-10 MIN

COOK TIME: 25-30 MIN

DIFFICULTY: EASY

- 2 $\frac{3}{4}$ CUPS CAKE FLOUR
- 1 $\frac{2}{3}$ CUPS GRANULATED SUGAR
- 1 TABLESPOON BAKING POWDER
- $\frac{3}{4}$ TEASPOON SEA SALT
- $\frac{3}{4}$ CUP BUTTER, SOFTENED
- 4 LARGE EGG WHITES, PLUS 1 WHOLE
LARGE EGG
- 1 CUP WHOLE MILK
- 2 TEASPOONS VANILLA EXTRACT
- 1-2 DROPS LAVENDER ESSENTIAL OIL

1. PREHEAT OVEN TO 350F.
2. PUT CUPCAKE LINERS INTO MUFFIN TINS.
3. MIX DRY INGREDIENTS ON SLOW SPEED FOR 2 MINUTES TO BLEND.
4. ADD THE SOFT BUTTER AND MIX UNTIL EVENLY CRUMBLY.
5. ADD EGG WHITES ONE AT A TIME, THEN ADD THE WHOLE EGG, BEATING WELL AFTER EACH ADDITION TO BEGIN BUILDING THE STRUCTURE OF THE CAKE.
6. SCRAPE DOWN THE SIDES OF THE BOWL WITH EACH EGG ADDITION.
7. IN A SMALL BOWL, WHISK MILK WITH VANILLA AND LAVENDER ESSENTIAL OIL.
8. ADD TO THE BATTER $\frac{1}{3}$ CUP AT A TIME.
9. BEAT 1 TO 2 MINUTES AFTER EACH ADDITION, UNTIL FLUFFY.
10. SCRAPE DOWN THE SIDES AND BOTTOM OF THE BOWL.
11. POUR BATTER INTO PREPARED PANS AND BAKE FOR 25 TO 30 MINUTES OR UNTIL A TOOTHPICK INSERTED INTO THE CENTER COMES OUT CLEAN.
12. REMOVE FROM OVEN AND COOL COMPLETELY ON A WIRE RACK.



- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-LAVENDER-CUPCAKES-WITH-LAVENDER-CREAM-CHEESE-FROSTING](http://doterra.com/US/en/blog/recipe-lavender-cupcakes-with-lavender-cream-cheese-frosting)

LAVENDER CREAM CHEESE FROSTING

PREP TIME: 10 MIN

COOK TIME: 0

DIFFICULTY: EASY

- 1 CUP (2 STICKS) BUTTER, ROOM TEMPERATURE
- 16 OZ (2 PACKAGES) CREAM CHEESE, ROOM TEMPERATURE
- 5 CUPS POWDERED SUGAR
- 1 POD'S WORTH OF VANILLA BEANS
- 1 TOOTHPICK LAVENDER ESSENTIAL OIL

1. WITH AN ELECTRIC MIXER, AND USING THE PADDLE ATTACHMENT, NOT THE WHISK, MIX THE BUTTER AND CREAM CHEESE TOGETHER, ABOUT 3 MINUTES ON MEDIUM SPEED UNTIL VERY SMOOTH. SCRAPE DOWN THE SIDES AND BOTTOM OF THE BOWL TO ENSURE EVEN MIXING.
2. ADD VANILLA EXTRACT AND TOOTHPICK OF LAVENDER ESSENTIAL OIL AND MIX. SLOWLY ADD POWDERED SUGAR. KEEP ADDING UNTIL YOU GET DESIRED SWEETNESS AND THICKNESS. TASTE FOR FLAVOR AND ADD MORE LAVENDER ESSENTIAL OIL A TOOTHPICK FULL AT A TIME TO GET THE DESIRED TASTE.
3. SPREAD ICING ON THE COOLED CUPCAKES AND REFRIGERATE UNTIL SERVING.

SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-LAVENDER-CUPCAKES-WITH-LAVENDER-CREAM-CHEESE-FROSTING](http://doterra.com/US/en/blog/recipe-lavender-cupcakes-with-lavender-cream-cheese-frosting)



BREAKFAST QUICHE

SERVINGS: 8-10

PREP TIME: 45 MIN

COOK TIME: 40-70 MIN

DIFFICULTY: MEDIUM

- 1 QUICHE CRUST, HOMEMADE OR PRE-MADE
- 1 SMALL OR MEDIUM ZUCCHINI, CUT INTO ¼ INCH ROUNDS
- 1 SMALL OR MEDIUM YELLOW CROOKNECK SQUASH, CUT INTO ¼ INCH ROUNDS
- 1 CUP STEAMED BROCCOLI FLORETS
- 1 CUP STEAMED CAULIFLOWER FLORETS
- 1-2 TABLESPOONS BUTTER
- 2-OUNCES FETA CHEESE
- 1-2 ROMA TOMATOES, CUT INTO ¼ INCH HALF MOONS
- 6 LARGE EGGS
- ½ PINT WHIPPING CREAM
- ¾ TEASPOON SALT
- ¼ TEASPOON BLACK PEPPER
- ¼ TO ½ TEASPOON HOT SAUCE
- 1-2 DROPS THYME ESSENTIAL OIL
- 1 DROP ROSEMARY ESSENTIAL OIL



NOTE: YOU CAN ADD ¼-½ CUP OF ONIONS AND A CLOVE OF CHOPPED GARLIC FOR MORE FLAVOR.

1. PRECOOK AND PREPARE CRUST IN A QUICHE/ TART PAN
2. BAKE CRUST UNTIL GOLDEN BROWN AND LET COOL COMPLETELY.
3. PREHEAT OVEN TO 350 DEGREES FAHRENHEIT

FILLING DIRECTIONS:

1. CUT VEGETABLES AND COOK FOR ABOUT 5 MINUTES.
2. IN A MEDIUM SKILLET, MELT BUTTER AND ADD ALL PRECOOKED VEGETABLES, COAT WITH BUTTER, REMOVE FROM HEAT, AND LET COOL TO ROOM TEMPERATURE.
3. WHISK TOGETHER EGGS, WHIPPING CREAM, SALT, PEPPER, HOT SAUCE, AND ESSENTIAL OILS IN BOWL.
4. ADD VEGETABLE MIXTURE TO CRUST.
5. TOP WITH CRUMBLED FETA CHEESE.
6. POUR EGG MIXTURE INTO QUICHE OVER BUTTERED AND COOLED VEGETABLES. ARRANGE TOMATO SLICES OVER TOP OF QUICHE.
7. BAKE AT 350 DEGREES FAHRENHEIT FOR 40- 70 MINUTES UNTIL EGG MIXTURE IS GOLDEN IN COLOR AND SET IN THE MIDDLE.
8. TRANSFER QUICHE TO COOLING RACK FOR 15 MINUTES AND ENJOY.

TIPS:

A PIE PAN MAY ALSO BE USED, ADJUSTING COOKING TIME ACCORDINGLY.

YOU CAN CHECK THE MIDDLE BY POKING WITH A TOOTHPICK OR KNIFE; WHEN IT COMES OUT CLEAN IT IS SET. TIMES WILL VARY BASED ON SIZE, STYLE OF PAN, AND AMOUNT OF INGREDIENTS USED.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-BREAKFAST-QUICHE](http://doterra.com/US/en/blog/recipes-breakfast-quiche)

DARK CHOCOLATE GINGER WAFFLES WITH GREEK YOGURT ALMOND WHIPPED CREAM

SERVINGS: 10 WAFFLES
PREP TIME: 20 MINUTES
COOK TIME: 30 MINUTES
DIFFICULTY: MEDIUM



- 1 CUP WHOLE WHEAT PASTRY FLOUR
- 1 CUP UNSWEETENED DARK COCOA POWDER (WE USED SCHARFFEN BERGER'S)
- 3/4 CUP LIGHT BROWN SUGAR
- 2 TEASPOONS BAKING POWDER
- 1 TEASPOON BAKING SODA
- 1 TEASPOON COARSE SALT
- 3 LARGE EGGS, SEPARATED
- 2 CUPS BUTTERMILK
- 1/2 CUP COCONUT OIL, LIQUID FORM
- 1 TEASPOON VANILLA EXTRACT
- 1 1/2 TEASPOON ALMOND EXTRACT
- 1 MEDIUM ZUCCHINI, SHREDDED (SMALLEST SHREDDER SIZE POSSIBLE)
- 2 DROPS GINGER ESSENTIAL OIL
- REAL MAPLE SYRUP, FOR TOPPING

1. PREHEAT OVEN TO 250° F AND PLACE A WIRE RACK OVER A BAKING SHEET, SET ASIDE.
2. IN A LARGE BOWL, COMBINE THE FLOURS, COCOA, BROWN SUGAR, BAKING POWDER, BAKING

SODA AND SALT.

3. WHISK UNTIL EVENLY COMBINED.

4. MAKE A WELL IN THE CENTER OF THE BOWL AND POUR IN THE EGG YOLKS, BUTTERMILK, COCONUT OIL, ALMOND EXTRACT, VANILLA EXTRACT, AND GINGER ESSENTIAL OIL. MIX UNTIL JUST COMBINED AND LUMP-FREE.
5. IN A SEPARATE BOWL, BEAT THE EGG WHITES UNTIL STIFF PEAKS FORM. MAKE SURE THE BOWL AND BEATERS ARE SUPER CLEAN SO THAT THE EGG WHITES FLUFF UP PROPERLY. ADD THE BEATEN EGG WHITES TO THE BATTER, A LITTLE AT A TIME, AND FOLD THEM IN GENTLY UNTIL EVENLY COMBINED.
6. SHRED ZUCCHINI AND FOLD INTO BATTER.
7. HEAT WAFFLE IRON AND LIGHTLY GREASE WITH COOKING SPRAY. ADD ABOUT 1/4 CUP OF BATTER TO THE CENTER OF THE HOT WAFFLE IRON. CLOSE LID AND COOK ACCORDING TO YOUR WAFFLE IRON'S INSTRUCTIONS.
8. STAMP OUT DESIRED HALLOWEEN SHAPES. TRANSFER TO PREPARED WIRE RACK BAKING SHEET. KEEP WAFFLES WARM IN THE PREHEATED OVEN WHILE YOU CONTINUE TO COOK THE REST AND MAKE THE CREAM. SERVE WITH THE GREEK YOGURT GINGER-ALMOND WHIPPED CREAM AND REAL MAPLE SYRUP. ENJOY!

TIPS:

MAKE SURE THE EGG WHITES HAVE NO YOLK REMNANTS WHEN BEING WHIPPED.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-DARK-CHOCOLATE-GINGER-WAFFLES-WITH-CREAM](http://doterra.com/US/en/blog/recipe-dark-chocolate-ginger-waffles-with-cream)

BALSAMIC ROSEMARY MARINADE

SERVINGS: 4-5

PREP TIME: 5 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- ½ CUP BALSAMIC VINEGAR
- ¼ CUP OLIVE OIL
- 1 TEASPOON SALT
- 2 TEASPOONS PEPPER
- 2 DROPS ROSEMARY ESSENTIAL OIL

TIPS: RECOMMENDED WITH BEEF

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-BALSAMIC-ROSEMARY-MARINAIDE](http://doterra.com/US/en/blog/recipes-balsamic-rosemary-marinaide)



SAUTÉED TOMATILLO SALSA WITH LIME ESSENTIAL OIL

SERVINGS: 6

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

- ō 1 POUND TOMATILLOS
- ō 2 JALAPEÑO PEPPERS
- ō 2 CLOVES OF GARLIC, PEELED
- ō SMALL ONION, QUARTERED
- ō 1 CUP CILANTRO
- ō 1/3 CUP WATER
- ō KOSHER OR SEA SALT, TO TASTE
- ō 1 DROP LIME ESSENTIAL OIL

1. REMOVE HUSKS FROM TOMATILLOS. RINSE WELL.
2. CUT STEMMED TOPS OFF JALAPEÑOS THEN SPLIT IN HALF. USING A SPOON, SCRAPE AWAY SEEDS. IF YOU DON'T MIND HEAT, LEAVE PEPPERS WHOLE.
3. LIGHTLY GREASE GRIDDLE OR SKILLET. PLACE ON MEDIUM HEAT. WHEN HOT, PLACE TOMATILLOS, PEPPERS,
4. GARLIC, AND ONIONS IN PAN.
5. TURN VEGETABLES OVER WITH TONGS TO SOFTEN AS MUCH SURFACE AS POSSIBLE. PEPPERS, ONIONS, AND GARLIC WILL SOFTEN QUICKLY.
6. AFTER APPROXIMATELY 5 MINUTES, REMOVE ONIONS, GARLIC, AND PEPPERS TO BLENDER. CONTINUE ROASTING TOMATILLOS FOR ANOTHER 5 MINUTES, BEFORE PLACING THEM IN BLENDER.
7. ALLOW TO COOL, AND THEN ADD WATER, LIME ESSENTIAL OIL, AND CILANTRO. PLACE BLENDER LID ON LOOSELY, AND PURÉE UNTIL SMOOTH.
8. POUR SALSA INTO BOWL. ADD SALT TO TASTE.



- SEE MORE AT: [HTTPS://DOTERRA.COM/US/EN/BLOG/RECIPES-SAUT%C3%A9D-TOMATILLO-SALSA](https://doterra.com/US/en/blog/recipes-saut%C3%A9d-tomatillo-salsa)

SAUTÉED BRUSSELS SPROUTS AND ASPARAGUS WITH dōTERRA LEMON OIL

SERVINGS: 10

PREP TIME: 10 MIN

COOK TIME: 30 MIN

DIFFICULTY: EASY

- 1 BUNDLE ASPARAGUS
- 12 OUNCES BRUSSELS SPROUTS
- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- SEASONED SALT
- 2-3 DROPS LEMON ESSENTIAL OIL
- 3-4 CUPS WATER

1. BRING WATER TO BOIL.
2. HALVE BRUSSELS SPROUTS AND ADD TO WATER. BOIL FOR 4-5 MINUTES.
3. WHILE BRUSSELS SPROUTS ARE COOKING, HEAT UP SKILLET.
4. DRAIN BRUSSELS SPROUTS AND ADD EXTRA VIRGIN OLIVE OIL TO SKILLET.
5. ADD BRUSSELS SPROUTS, SPRINKLE WITH SEASONED SALT.
6. SAUTÉ BRUSSELS SPROUTS FOR ABOUT 3 MINUTES, THEN ADD LEMON ESSENTIAL OIL.
7. ADD ASPARAGUS AND TOSS. COVER SKILLET AND LET COOK, TOSSING A FEW TIMES TO COAT ASPARAGUS.
8. COOK UNTIL DESIRED TENDERNESS.



- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-SAUTEED-BRUSSELS-SPROUTS-AND-ASPARAGUS-WITH-DOTERRA-LEMON-OIL](http://doterra.com/US/en/blog/recipes-sauteed-brussels-sprouts-and-asparagus-with-doterra-lemon-oil)

SWEET POTATO CASSEROLE WITH CINNAMON ESSENTIAL OIL

SERVINGS: 12

PREP TIME: 15 MINUTES

COOK TIME: 1 HOUR

DIFFICULTY: MEDIUM



- 4 COOKED SWEET POTATOES, PEELED
- 3/4 CUP CANNED COCONUT MILK
- 1 TABLESPOON COCONUT OIL
- 1/4 CUP PURE MAPLE SYRUP
- 1/2 TEASPOON GROUND NUTMEG
- 1/2 ORANGE, JUICED
- SALT AND PEPPER TO TASTE
- 4 DROPS CINNAMON ESSENTIAL OIL

PECAN TOPPING:

- 1 1/2 CUPS CHOPPED PECANS
- 1 TABLESPOON MELTED COCONUT OIL
- 1 TABLESPOON MAPLE SYRUP
- 2 DROPS CINNAMON ESSENTIAL OIL

1. PLACE COOKED SWEET POTATOES, COCONUT MILK, COCONUT OIL, MAPLE SYRUP, NUTMEG, ORANGE JUICE, AND CINNAMON ESSENTIAL OIL INTO A LARGE BOWL.
2. WITH A HAND MIXER, BLEND UNTIL EVERYTHING IS COMBINED. IF DESIRED, YOU CAN ADD MORE MAPLE SYRUP OR ESSENTIAL OIL.
3. SPREAD INTO AN OVEN-SAFE DISH AND SET ASIDE.
4. COMBINE ALL TOPPING INGREDIENTS UNTIL PECANS ARE WELL COATED. SPRINKLE ON TOP OF SWEET POTATOES.
5. BAKE IN OVEN AT 350 DEGREES FOR 50-60 MINUTES, OR UNTIL PECANS HAVE SLIGHTLY BROWNED. SERVE WARM.

TIPS: FOR ADDITIONAL DELICIOUSNESS, DRIZZLE MAPLE SYRUP ON TOP.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-SWEET-POTATO-CASSEROLE-WITH-DOTERRA-ESSENTIAL-OILS](http://doterra.com/US/en/blog/recipe-sweet-potato-casserole-with-doterra-essential-oils)

WHOLE WHEAT PANCAKES

SERVINGS: 4-5

PREP TIME: 10 MIN

COOK TIME: 7-8 MIN

DIFFICULTY: EASY

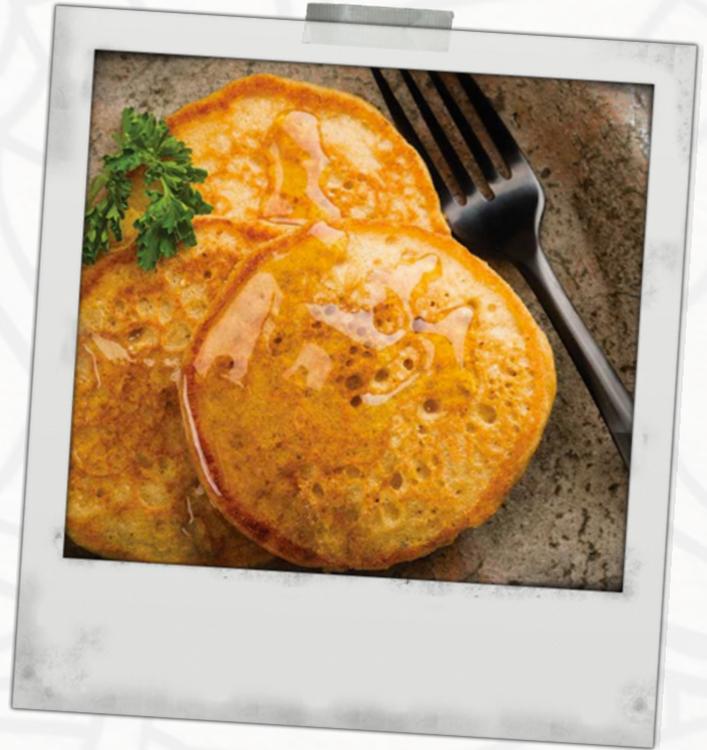
- 1 EGG
- ¼ TEASPOON SALT
- 1 CUP ALMOND MILK
- 2 TEASPOONS SUGAR
- 1 CUP WHOLE WHEAT FLOUR
- ½ TEASPOON BAKING POWDER
- ¼ TEASPOON BAKING SODA
- 2 TABLESPOONS MELTED BUTTER
- 1 TABLESPOON APPLE CIDER VINEGAR

1. COMBINE MILK AND VINEGAR IN A MEASURING CUP AND LET THE MIXTURE CURDLE WHILE MIXING TOGETHER OTHER INGREDIENTS.

2. IN BIG BOWL, WHISK TO COMBINE FLOUR, SUGAR, BAKING POWDER, BAKING SODA, AND SALT. SET ASIDE.

3. IN SMALLER BOWL, WHISK TOGETHER THE EGG AND MELTED BUTTER, MIX WELL. ADD CURDLED MILK UNTIL IT LOOKS HOMOGENOUS AND SMOOTH. COMBINE MIXTURE WITH DRY INGREDIENTS AND STIR TOGETHER.

4. PREHEAT A NONSTICK GRIDDLE TO 375 DEGREES FAHRENHEIT. COOK PANCAKES OF YOUR PREFERRED SIZE ON BOTH SIDES UNTIL GOLDEN BROWN. SERVE WITH BUTTER AND SYRUP OF CHOICE.



- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-WHOLE-WHEAT-PANCAKES](http://doterra.com/US/en/blog/recipes-whole-wheat-pancakes)

ON GUARD PUMPKIN SMOOTHIE

SERVINGS: 4

PREP TIME: 5 MINUTES

COOK TIME: 1 MINUTE

DIFFICULTY: EASY

- ō 1 CUP ALMOND MILK (OR MILK OF CHOICE)
- ō 1/2 CUP PUMPKIN PUREE
- ō 1/2 CUP VANILLA YOGURT
- ō 2 FROZEN BANANAS
- ō 1 TEASPOON VANILLA EXTRACT
- ō 1 TEASPOON PUMPKIN PIE SEASONING
- ō 2-3 DROPS dōTERRA ON GUARD PROTECTIVE BLEND
- ō 1 CUP ICE

COMBINE ALL INGREDIENTS INTO BLENDER AND BLEND UNTIL SMOOTH.

FOR A GARNISH, ADD SOME WHIPPED CREAM AND PUMPKIN PIE SEASONING

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/
BLOG/RECIPE-ON-GUARD-PUMPKIN-SMOOTHIE](http://doterra.com/us/en/blog/recipe-on-guard-pumpkin-smoothie)



CINNAMON PB AND GRANOLA SANDWICH WITH CINNAMON ESSENTIAL OIL

SERVINGS: 1

PREP TIME: 5 MIN

COOK TIME: NONE

DIFFICULTY: EASY

- 1-2 APPLES
- ½ CUP NATURAL PEANUT BUTTER
- ½ CUP GRANOLA
- 1 DROP CINNAMON BARK ESSENTIAL OIL

1. CORE APPLES AND SLICE HORIZONTALLY FOR SANDWICH PIECES.
2. IN BOWL, MIX PEANUT BUTTER, GRANOLA, AND ESSENTIAL OILS.
3. PLACE MIXTURE BETWEEN 2 APPLE SLICES OR USE AS DIP.

TIPS:

IF YOU AREN'T GOING TO SERVE THE SANDWICH IMMEDIATELY, SOAK THE APPLE SLICES IN WATER AND A FEW DROPS OF LEMON OIL TO HELP KEEP THE APPLE LOOKING FRESH AND WHITE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-CINNAMON-PB-SANDWICH](http://doterra.com/US/en/blog/recipe-cinnamon-pb-sandwich)



STRAWBERRY CITRUS SLUSH WITH ESSENTIAL OILS

SERVINGS: 4

PREP TIME: 5 MINUTES

COOK TIME: 1 MINUTE

DIFFICULTY: EASY

- 2 CUPS FRESH LEMONADE
- 1 CUP FROZEN STRAWBERRIES
- 1 LEMON, JUICED
- 4 DROPS LEMON ESSENTIAL OIL
- 4 DROPS LIME ESSENTIAL OIL
- 3 CUPS ICE
- 3 TABLESPOONS WHITE SUGAR OR 1/2 TEASPOON STEVIA.

1. COMBINE ALL INGREDIENTS IN BLENDER.
2. BLEND UNTIL SMOOTH OR AT DESIRED CONSISTENCY.
3. POUR INTO CUPS AND ENJOY.

TIPS:

FOR A MORE “SMOOTHIE” LIKE CONSISTENCY, ADD 2 CUPS OF STRAWBERRIES AND 2 CUPS OF ICE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-STRAWBERRY-CITRUS-SLUSH-WITH-ESSENTIAL-OILS](http://doterra.com/US/EN/BLOG/RECIPE-STRAWBERRY-CITRUS-SLUSH-WITH-ESSENTIAL-OILS)



APPLE PIE WITH LEMON ESSENTIAL OIL

SERVINGS: 16

PREP TIME: 1 HR

COOK TIME: 1 HR

DIFFICULTY: MEDIUM

FOR THE FILLING

- 5 CUPS APPLE, SLICED
- 1/4 CUP SUGAR
- 1 PINCH NUTMEG
- 1/2 TEASPOON CINNAMON
- 6 DROPS LEMON ESSENTIAL OIL
- 1/4 CUP FLOUR

FOR THE CRUST

- 3 CUPS FLOUR
- 1 TEASPOON SALT
- 1 1/3 CUP BUTTER
- 1 EGG
- 1 TEASPOON VINEGAR
- 6-7 TABLESPOONS OF COLD WATER



1. MIX ALL PIE FILLING INGREDIENTS TOGETHER. COOK ON MEDIUM HEAT UNTIL IT COMES TO A BOIL. STIR CONSTANTLY SO THAT SUGARS DON'T BURN. SET ASIDE.
2. FOR PIE CRUST, PLACE FLOUR, SALT, AND BUTTER IN A MEDIUM BOWL. CRUMB TOGETHER UNTIL LITTLE BEADS FORM.
3. PLACE THE EGG, VINEGAR, AND COLD WATER IN A SEPARATE BOWL. MIX THOROUGHLY.
4. SLOWLY POUR LIQUID INTO THE BOWL WITH YOUR DRY INGREDIENTS, FOLDING IT IN AS YOU POUR UNTIL FLOUR MIXTURE IS MOISTENED. DON'T OVERMIX. DIVIDE INTO FOUR BALLS.
5. ROLL OUT TWO BALLS TO MAKE THE BOTTOM CRUST AND PLACE IN TWO 9 INCH PIE SHELLS.
6. DISTRIBUTE PIE FILLING BETWEEN TWO PIE CRUSTS.
7. SLICE ONE TABLESPOON OF BUTTER AND DISTRIBUTE EVENLY ACROSS THE TOP OF PIE FILLING.
8. ROLL OUT TOP CRUST AND PLACE ON TOP OF FILLING.
9. PINCH BOTTOM AND TOP CRUST TOGETHER BETWEEN THUMB AND INDEX FINGER.
10. BAKE ON 350 DEGREES FAHRENHEIT FOR ONE HOUR, OR UNTIL GOLDEN BROWN.

TIPS: BRUSH THE TOP OF THE CRUST WITH EGG WHITES AND SPRINKLE ON SOME RAW SUGAR FOR A BEAUTIFULLY RUSTIC LOOK.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-APPLE-PIE](http://doterra.com/US/en/blog/recipe-apple-pie)

DōTERRA ON GUARD® PANCAKES

- ō 2 RIPE BANANAS
- ō 1 CUP OATMEAL
- ō 1 CUP FLOUR
- ō ¼ CUP BROWN SUGAR
- ō 2 TEASPOONS BAKING POWDER
- ō ½ TEASPOON SALT
- ō ¾ CUP PLAIN GREEK YOGURT
- ō ¾ CUP MILK
- ō 2 EGGS
- ō 1 TEASPOON VANILLA
- ō 1 DROP CINNAMON BARK ESSENTIAL OIL
- ō ½ CUP CHOPPED WALNUTS, OPTIONAL
- ō ¼ CUP CANOLA OIL
- ō 2-4 DROPS OF DōTERRA ON GUARD PROTECTIVE BLEND (DEPENDING ON HOW STRONG YOU LIKE THE TASTE OF IT)



1. MASH BANANAS IN MEDIUM MIXING BOWL; MIX IN YOGURT, EGGS, MILK, CANOLA OIL, VANILLA, AND DōTERRA ON GUARD.

2. IN LARGE MIXING BOWL ADD OATMEAL, FLOUR, BROWN SUGAR, BAKING POWDER, SALT, CINNAMON, AND WALNUTS; MIX WELL.

3. ADD BANANA MIXTURE TO DRY INGREDIENTS AND

MIX. DO NOT OVER MIX.

4. SPRAY GRIDDLE WITH NON-STICK SPRAY, USE SMALL LADLE TO SCOOP OUT MIXTURE TO GRIDDLE. COOK ON MEDIUM TO HIGH HEAT. COOK AS YOU WOULD REGULAR PANCAKES, WAITING FOR BUBBLES TO APPEAR THEN FLIP.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-DOTERRA-ON-GUARD-PANCAKES](http://doterra.com/US/en/blog/recipes-doterra-on-guard-pancakes)

BLACKENED SALMON

SERVINGS: 2

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

DIFFICULTY: EASY

BLACKENED SALMON INGREDIENTS

- 2 SALMON STEAKS
- 1 TABLESPOON BUTTER
- SALT
- PEPPER
- LEMON PEPPER
- CHILI POWDER
- CAJUN SEASONING

MANGO SALSA INGREDIENTS

- 2 MANGOS, DICED
- ½ ROMA TOMATO, DICED
- 1 TABLESPOON ONION, DICED
- 1 TEASPOON CILANTRO, FINELY CHOPPED
- 1 DROP LIME ESSENTIAL OIL
- SALT, TO TASTE



1. TOSS MANGO SALSA INGREDIENTS UNTIL COMBINED. SEASON WITH SALT, IF NEEDED. SET ASIDE.
2. SLICE BUTTER INTO 12 EQUAL PARTS. PLACE 6 SLICES OF BUTTER INTO A 9X12 BAKING DISH. YOUR SALMON STEAKS WILL SIT ON BUTTER SO PLACE ACCORDINGLY.
3. PLACE SALMON IN BAKING DISH. PLACE REMAINING 6 SLICES OF BUTTER ON SALMON, 3 ON EACH STEAK. SPRINKLE WITH SALT, PEPPER, LEMON PEPPER, CHILI POWDER, AND CAJUN SEASONING, UNTIL EVENLY COVERED.
4. PLACE IN OVEN ON BROIL FOR 5 MINUTES.
5. REMOVE BAKING DISH FROM OVEN. TURN SALMON STEAKS AND SPRINKLE WITH SALT, PEPPER, LEMON PEPPER, CHILI POWDER, AND CAJUN SEASONING UNTIL EVENLY COVERED.
6. RETURN TO OVEN AND BAKE FOR AN ADDITIONAL 5 MINUTES.
7. REMOVE SALMON STEAKS FROM BAKING DISH. PLACE ON PLATE AND GARNISH WITH MANGO SALSA.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-BLACKENED-SALMON](http://doterra.com/US/en/blog/recipe-blackened-salmon)

GINGERBREAD COOKIES

SERVINGS: 2 DOZEN COOKIES

PREP TIME: 15-20 MINUTES

COOK TIME: 15 MINUTES

DIFFICULTY: MEDIUM

- 1 1/3 CUP BUCKWHEAT FLOUR
- 2/3 CUP TAPIOCA FLOUR
- 2/3 CUP SORGHUM FLOUR
- 1 TABLESPOON CHIA SEED MEAL
- 1 TABLESPOON FLAX SEED MEAL
- 1/3 CUP OF COCONUT PALM SUGAR
- 1/2 TEASPOON BAKING POWDER
- 1/2 TEASPOON BAKING SODA
- 1/4 TEASPOON SALT
- 1/2 TEASPOON NUTMEG
- 2 DROPS CINNAMON ESSENTIAL OIL
- 2 DROPS GINGER ESSENTIAL OIL
- 2 DROPS CLOVE ESSENTIAL OIL
- 1/2 CUP COCONUT OIL
- 1/4 CUP UNSWEETENED APPLESAUCE
- 3 TABLESPOONS WATER
- 3 TABLESPOONS MOLASSES
- 1 TEASPOON APPLE CIDER VINEGAR
- 45 DROPS LIQUID STEVIA



1. PREHEAT OVEN TO 350 DEGREES FAHRENHEIT.
2. COMBINE DRY INGREDIENTS IN BOWL AND WHISK.
3. COMBINE WET INGREDIENTS IN BOWL AND MIX UNTIL WELL COMBINED.
4. ADD ESSENTIAL OILS.
5. ADD DRY INGREDIENTS TO WET INGREDIENTS ON SLOW SPEED UNTIL COMBINED.
6. PUT A SMALL HANDFUL OF BUCKWHEAT FLOUR ONTO CLEAN SURFACE AND PLACE DOUGH ON TOP.
7. ROLL UNTIL 1/4-1/2 INCH THICK.
8. TAKE COOKIE CUTTER AND CUT OUT SHAPES.
9. PLACE CUTOUTS ONTO COOKIE SHEET.
10. BAKE FOR 12-15 MINUTES OR UNTIL DONE. REMOVE FROM OVEN AND LET COOL.
11. TOP WITH ICING IF DESIRED.

TIPS: KEEP CHILDREN ENTERTAINED AT YOUR NEXT HOLIDAY PARTY BY PUTTING OUT SOME PLAIN GINGERBREAD COOKIES AND ICING.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-GINGERBREAD-COOKIES](http://doterra.com/US/en/blog/recipe-gingerbread-cookies)

MINI PUMPKIN PIES WITH CINNAMON, GINGER, AND CLOVE ESSENTIAL OILS

SERVINGS: 12 MINI PIES
PREP TIME: 15 MINUTES
COOK TIME: 45 MINUTES
DIFFICULTY: EASY

- 2 CUPS PUREED PUMPKIN
- 1 LARGE EGG
- 1/4 CUP EGG WHITES
- 1/2 CUP MILK OF CHOICE
- 3 TSP MELTED BUTTER OR COCONUT OIL
- 1/3 CUP BROWN SUGAR OR HONEY
- 2 TABLESPOONS VANILLA EXTRACT
- 1/4 TEASPOON GROUND NUTMEG
- 2 DROPS CLOVE ESSENTIAL OIL
- 2 DROPS GINGER ESSENTIAL OIL
- 3 DROPS CINNAMON ESSENTIAL OIL
- 1 UNCOOKED PIE CRUST



1. PREHEAT OVEN TO 350 DEGREES FAHRENHEIT.
2. TAKE PIE CRUST AND CUT OUT CIRCLES TO FIT INSIDE GREASED MUFFIN TIN. DON'T ROLL THE DOUGH OUT TOO THIN OR ELSE THE PIE WILL FALL APART AFTER ITS COOKED.
3. IN A BLENDER OR FOOD PROCESSOR, BLEND ALL INGREDIENTS UNTIL SMOOTH.
4. EVENLY DIVIDE THE PIE FILLING INTO PIE CRUST.
5. BAKE FOR 30-45 MINUTES OR UNTIL CRUST LIGHTLY BROWNS AND WHEN A TOOTHPICK INSERTED INTO THE PIES COME OUT CLEAN.
6. LET SIT FOR 10 MINUTES, OR UNTIL COOL. GENTLY REMOVE FROM PAN AND REFRIGERATE.

TIPS:

IF YOU WANT TO MAKE A WHOLE PIE RATHER THAN MINI PIES, THIS RECIPE WILL MAKE 1 MEDIUM SIZED PIE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-PUMPKIN-PIE](http://doterra.com/US/en/blog/recipe-pumpkin-pie)

HONEY SUCKERS NATURALLY FLAVORED WITH HONEY AND ESSENTIAL OILS

SERVINGS: 15-20 SUCKERS

PREP TIME: 5 MINUTES

COOK TIME: 15 MINUTES

DIFFICULTY: MEDIUM

- 1 CUP SUGAR
- 1/3 CUP HONEY
- 2 TABLESPOONS WATER
- 5 DROPS LEMON ESSENTIAL OIL
- SUCKER MOLDS OR SILICONE SHEET
- SUCKER STICKS
- CANDY THERMOMETER

1. PLACE THE SUGAR, HONEY, AND WATER INTO MEDIUM SAUCE PAN.
2. ON MEDIUM HEAT, STIR INGREDIENTS TOGETHER WITH WOODEN SPOON UNTIL SUGAR DISSOLVES.
3. ONCE SUGAR DISSOLVES, PLACE CANDY THERMOMETER IN PAN AND ALLOW INGREDIENTS TO BOIL.
4. LET BOIL UNTIL TEMPERATURE REACHES 295 DEGREES FAHRENHEIT, OR THE HARD CRACK STAGE.
5. WHILE CANDY IS BOILING, PREPARE CANDY MOLDS WITH NON-STICK SPRAY AND SUCKER STICKS.
6. IMMEDIATELY AFTER, POUR INTO HEAT-RESISTANT MEASURING CUP. ADD ESSENTIAL OIL AND STIR.
7. CAREFULLY POUR MIXTURE INTO CANDY MOLDS.
8. TWIST SUCKER STICKS TO MAKE SURE THEY ARE FULLY COATED.
9. LET SUCKERS REST FOR AT 30 MINUTES BEFORE REMOVING FROM MOLD.
10. STORE IN PLASTIC WRAP OR IN DECORATIVE BAGS.

TIPS: USE SPRINKLES TO ADD A DECORATIVE TOUCH.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/DIY-HONEY-SUCKERS](http://doterra.com/US/en/blog/diy-honey-suckers)



GRANOLA BLUEBERRY CRISP

SERVINGS: 2

PREP TIME: 2 MINUTES

COOK TIME: 1 MINUTE

DIFFICULTY: EASY

- 1 SCOOP DOTERRA CHOCOLATE TRIMSHAKE
- 2 TABLESPOONS NATURAL PEANUT BUTTER
- 3/4 CUP GRANOLA
- 1/2 CUP FROZEN BLUEBERRIES
- 1/2 CUP VANILLA GREEK YOGURT
- 1/2 BANANA
- 5 ICE CUBES

PLACE ALL INGREDIENTS IN BLENDER, AND BLEND UNTIL SMOOTHIE REACHES DESIRED CONSISTENCY.

TIPS: YOU MIGHT NEED TO EXPERIMENT WITH MEASUREMENTS TO OBTAIN DESIRED CONSISTENCY AND FLAVOR.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-GRANOLA-BLUEBERRY-CRISP](http://doterra.com/US/en/blog/recipe-granola-blueberry-crisp)



TANGERINE FRUIT DIP

SERVINGS: 1

PREP TIME: 5 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- 2 (8 OUNCE) PACKAGES OF CREAM CHEESE
- 1 CUP VANILLA YOGURT
- ½ CUP HONEY
- 2 DROPS TANGERINE OR WILD ORANGE ESSENTIAL OIL

1. MIX ALL INGREDIENTS IN A BOWL AND ENJOY WITH FRUIT.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-TANGERINE-FRUIT-DIP](http://doterra.com/US/en/blog/recipes-tangerine-fruit-dip)



RAINBOW FRUIT CUP WITH WILD ORANGE ESSENTIAL OIL WHIPPED CREAM

SERVINGS: 4

PREP TIME: 15

COOK TIME: 0

DIFFICULTY: EASY

FRUIT: GRAPES, BLUEBERRIES, KIWI, PINEAPPLE, ORANGES, STRAWBERRIES

○ 1 CUP WHIPPING CREAM

○ 1-2 DROPS WILD ORANGE ESSENTIAL OIL

1. WASH AND DRY FRUIT. CUT INTO SMALL BITE-SIZE PIECES.
2. BEAT WHIPPING CREAM UNTIL STIFF PEAKS FORM. ADD 1-2 DROPS WILD ORANGE ESSENTIAL OIL AND STIR.
3. IN GLASS CUP, LAYER CUT FRUIT BY COLORS OF THE RAINBOW.
4. TOP WITH WILD ORANGE WHIPPED CREAM AND ENJOY.

TIPS: ADD A PINCH OF SUGAR TO SWEETEN UP THE WHIPPED CREAM.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG-RECIPE-RAINBOW-FRUIT-CUP](http://doterra.com/US/en/blog-recipe-rainbow-fruit-cup)



ROSEMARY ZUCCHINI FETTUCCINE WITH ROSEMARY ESSENTIAL OIL

SERVINGS: 6

PREP TIME: 1 HOUR

COOK TIME: 10

DIFFICULTY: EASY

- 1 10-OUNCE PACKAGE FROZEN BUTTERNUT SQUASH
- 3 TABLESPOONS COCONUT OIL, DIVIDED
- 1 MEDIUM YELLOW ONION
- CHOPPED 2 GARLIC CLOVES
- MINCED 1 SPRIG FRESH ROSEMARY (OPTIONAL)
- 1/2 CUP FULL-FAT CANNED COCONUT MIL
- 1/2 CUP VEGETABLE BROTH
- 1/2 TEASPOON SEA SALT
- 1 POUND TOMATOES, DICED
- PINCH OF SUGAR (TO CUT ACIDITY OF TOMATOES)
- 3 POUNDS ZUCCHINI
- 1 DROP ROSEMARY ESSENTIAL OIL
- FRESHLY-GROUND BLACK PEPPER TO TASTE



1. PREHEAT OVEN TO 375 DEGREES F.
2. GREASE A BAKING SHEET WITH 1 TABLESPOON OF COCONUT OIL AND THEN LAY BUTTERNUT SQUASH ON SHEET PAN, TRYING TO KEEP PIECES SEPARATED. ROAST FOR 30-45 MINUTES UNTIL SQUASH IS TENDER AND CAN EASILY BE PIERCED WITH A FORK. LET COOL.
3. WHILE SQUASH IS COOLING, SPIRALIZE THE ZUCCHINI. WE HAVE TRIED VARIOUS SPIRALIZING TOOLS, AND OUR FAVORITE BY FAR IS THE INSPIRALIZER. IT SUCTIONS VERY SECURELY, AND HAS AN EASY SYSTEM WHERE ALL THE BLADES ARE ATTACHED AND ARE EASILY ROTATED BY A DIAL. IT IS ALSO LESS BULKY THAN OTHER SIMILAR GADGETS, AND HAS SHARPER BLADES.
4. ADD 1 TABLESPOON OF COCONUT OIL IN A PAN OVER MEDIUM HEAT. ADD THE ONIONS AND GARLIC AND SAUTÉ FOR 3-5 MINUTES, UNTIL ONION IS TRANSLUCENT AND GARLIC IS FRAGRANT.
5. ADD THE SAUTÉED GARLIC AND ONIONS, ROSEMARY, ROSEMARY ESSENTIAL OIL, COCONUT MILK, BROTH, AND SALT TO THE BLENDER.
6. BLEND UNTIL SMOOTH. ADD THE REMAINING TABLESPOON OF COCONUT OIL TO A LARGE PAN. ADD THE TOMATOES AND SAUTÉ FOR ABOUT 2 MINUTES.
7. ADD THE SPIRALIZED ZUCCHINI AND COOK FOR ABOUT 3 MINUTES, UNTIL ZUCCHINI IS ALMOST TENDER. ADD THE SAUCE TO THE PAN AND CONTINUE TO COOK UNTIL SAUCE IS HOT AND ZUCCHINI IS TENDER.
8. GARNISH WITH FRESHLY-GROUND BLACK PEPPER AND SERVE HOT. RELAX AND ENJOY.

TIPS: THE ZUCCHINI SPIRALIZER CAN BE PURCHASED AT WWW.INSPIRALIZED.COM.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-ROSEMARY-ZUCCHINI-FETTUCCINE](http://DOTERRA.COM/US/EN/BLOG/RECIPE-ROSEMARY-ZUCCHINI-FETTUCCINE)

RASPBERRY LIMEADE WITH LIME ESSENTIAL OIL

SERVINGS: 20
PREP TIME: 10 MINUTES
COOK TIME: 5 MINUES
DIFFICULTY: EASY



RASPBERRY PUREE:

- 2 CUPS RASPBERRIES
- 1/2 CUP SUGAR OR HONEY
- 1 CUP WATER

DRINK:

- LIMES
- SPARKLING WATER
- LIME ESSENTIAL OIL
- ICE

1. IN A SMALL SAUCEPAN, COMBINE 1 CUP WATER, 1/2 CUP SUGAR OR HONEY, AND 2 CUPS RASPBERRIES.
2. COOK UNTIL SUGAR HAS DISSOLVED. COOL AND STRAIN.
3. TO SERVE, ADD RASPBERRY PUREE (AROUND 2 TABLESPOONS), ICE, JUICE OF ONE LIME, AND 1-2 DROPS LIME ESSENTIAL OIL TO A GLASS. TOP WITH SPARKLING WATER.
4. GARNISH WITH LIMES AND RASPBERRIES. ENJOY!

TIPS:

THIS RECIPE MAKES ABOUT TWO CUPS OF PUREE AND YOU ONLY NEED TO PUT 1-2 TABLESPOONS INTO EACH CUP. THEREFORE THE 1/2 CUP OF SUGAR WILL BE DIVIDED INTO ABOUT 20 CUPS OF LIMEADE. IF YOU PREFER, YOU COULD ALSO SUBSTITUTE THE SUGAR WITH HONEY OR ADD MORE RASPBERRIES.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-RASPBERRY-LIMEADE](http://doterra.com/US/en/blog/recipe-raspberry-limeade)

NON-ALCOHOLIC CRANBERRY AND LIME SPRITZER

SERVINGS: 1

PREP TIME: 5 MINUTES

COOK TIME: 0 MINUTES

DIFFICULTY: EASY

- ō CRANBERRY JUICE
- ō SPARKLING WATER OR LEMON-LIME SODA
- ō ICE CUBES
- ō LIME ESSENTIAL OIL

1. FILL GLASS WITH ICE, POUR SPARKING WATER OR LEMON-LIME SODA HALF WAY.
2. FILL ADDITIONAL HALF OF GLASS WITH CRANBERRY JUICE.
3. ADD 1 DROP LIME ESSENTIAL OIL AND STIR.

TIPS: FOR GARNISH, ADD SLICED LIMES AND CRANBERRIES.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-NON-ALCOHOLIC-CRANBERRY-LIME-SPRITZER](http://doterra.com/US/en/blog/recipe-non-alcoholic-cranberry-lime-spritzer)



HEARTY OATMEAL-MOLASSES ROLLS WITH CARDAMOM ESSENTIAL OIL

SERVINGS: 12

PREP TIME: 5 HOURS

COOK TIME: 35-40 MINUTES

DIFFICULTY: MEDIUM



- 2 1/4 TEASPOONS ACTIVE DRY YEAST
- 1 TABLESPOON BROWN SUGAR (DARK OR LIGHT IS FINE)
- 1/4 CUP LUKEWARM WATER
- 3/4 CUPS MILK
- 3/4 CUPS ROLLED OATS, PLUS EXTRA FOR SPRINKLING
- 1/4 CUP ROASTED UNSALTED SUNFLOWER SEEDS, PLUS EXTRA FOR SPRINKLING
- 1/2 CUP KERRYGOLD IRISH BUTTER, CUT INTO CUBES (BESIDES BEING CRUELTY-FREE, THE HIGHER FAT CONTENT IN THE IRISH BUTTER MAKES THE ROLLS FLAKIER, AND COUNTERACTS THE MUDDINESS WHOLE WHEAT FLOUR CAN SOMETIMES ADD)
- 2 TABLESPOONS UNSULPHURED MOLASSES
- 2 TEASPOONS SEA SALT
- 1 TABLESPOON FLAX MEAL + 3 TABLESPOONS WATER
- 1 CUP WHOLE WHEAT FLOUR
- 1 1/2 CUPS UNBLEACHED ALL-PURPOSE FLOUR
- 1/4-1/2 CUP UNBLEACHED ALL-PURPOSE FLOUR
- 2-3 TABLESPOONS MELTED BUTTER FOR BRUSHING TOPS OF ROLLS

1. DISSOLVE YEAST IN 1/4 CUP LUKEWARM WATER WITH A PINCH OF SUGAR. LET STAND UNTIL BUBBLY. IF IT DOESN'T GET BUBBLY, THROW IT OUT AND GET SOME NEW YEAST.
2. SCALD MILK (WE JUST PUT OURS IN THE MICROWAVE) THEN ADD IT TO THE BUTTER IN YOUR MIXING BOWL. WHEN BUTTER HAS MELTED, ADD BROWN SUGAR, ROLLED OATS, SUNFLOWER SEEDS, MOLASSES, AND SALT. BLEND THOROUGHLY AND COOL TO LUKEWARM.
3. ADD FLAX + 3 TABLESPOONS OF WATER AND MIX WELL. ADD TWO DROPS OF CARDAMOM ESSENTIAL OIL. ADD THE YEAST AND MIX TO INCORPORATE IT. THEN MIX IN THE WHEAT FLOUR AND 1 1/2 CUPS OF THE ALL-PURPOSE FLOUR. ADD WHAT YOU NEED TO OF THE REMAINING 1/2 CUP OF FLOUR UNTIL THE DOUGH LOSES ITS SHEEN. LET REST FOR 10 MINUTES.
4. LEAVE THE DOUGH IN ITS BOWL, COVER WITH PLASTIC WRAP AND REFRIGERATE FOR A MINIMUM OF TWO HOURS. IT CAN SIT OVERNIGHT AS WELL. DON'T BE ALARMED IF IT DOESN'T LOOK LIKE IT HAS RISEN; IT DOESN'T RISE A LOT.
5. TURN OUT THE CHILLED DOUGH ON A FLOURED WORK SURFACE AND KNEAD OR FOLD AND TURN THE DOUGH SLIGHTLY. CUT DOUGH INTO 12 BALLS. PRESS EACH BALL INTO A FLAT RECTANGLE WITH YOUR FINGERS, THEN ROLL UP AND TUCK ENDS UNDER. PLACE SEAM-SIDE DOWN IN A WELL-BUTTERED 9 INCH ROUND PAN. (WE USED A PIE DISH.) BRUSH ALL OVER WITH MELTED BUTTER AND SPRINKLE WITH ROLLED OATS AND SUNFLOWER SEEDS. LET RISE FOR ABOUT TWO HOURS IN A WARM PLACE. AGAIN, DON'T BE ALARMED IF THEY DON'T RISE A LOT; THEY WILL RISE THE MOST WHILE IN THE OVEN.
6. PREHEAT OVEN TO 350° F. BAKE FOR 35-40 MINUTES OR UNTIL ROLLS ARE NICELY BROWNED AND SOUND HOLLOW WHEN YOU TAP THEIR TOPS. REMOVE FROM THE PANS AND BRUSH GENEROUSLY WITH REMAINING MELTED BUTTER. LET COOL ON A RACK FOR 5-10 MINUTES.
7. SERVE WARM WITH MORE KERRYGOLD IRISH BUTTER!

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-CARDAMOM-OATMEAL-MOLASSES-ROLLS](http://doterra.com/US/en/blog/recipe-cardamom-oatmeal-molasses-rolls)

STRAWBERRY ROSEMARY CROSTATATA

SERVINGS: 2

PREP TIME: 10-15 MIN

COOK TIME: 30-60 MIN

DIFFICULTY: MEDIUM

FOR THE PASTRY:

- 2 CUPS ALL-PURPOSE FLOUR
- 4 TABLESPOONS SUGAR (RAW, GRANULATED, OR SUPERFINE WORKS)
- 1/2 TEASPOON KOSHER SALT
- 1/2 POUND (2 STICKS) VERY COLD UNSALTED BUTTER, DICED
- 4 TABLESPOONS ICE WATER

FOR THE FILLING:

- 4 CUPS STRAWBERRIES, RINSED, HULLED, AND HALVED (QUARTER THE BIG ONES)
- 1/4-1/3 CUPS SUGAR, DEPENDING ON THE SWEETNESS OF YOUR BERRIES
- 2 TABLESPOONS STRAWBERRY JAM, PREFERABLY HOMEMADE
- 3 TABLESPOONS CORNSTARCH
- PINCH OF SALT
- 2-4 DROPS ROSEMARY ESSENTIAL OIL

FOR THE EGG WASH:

- 1 WHOLE EGG
- 1-3 TEASPOONS MILK, HEAVY CREAM, OR WATER



1. FOR THE PASTRY, PLACE THE FLOUR, SUGAR, AND SALT IN A FOOD PROCESSOR FITTED WITH A STEEL BLADE. PULSE A FEW TIMES TO COMBINE. ADD THE BUTTER AND PULSE 12 TO 15 TIMES, OR UNTIL THE BUTTER IS THE SIZE OF PEAS. WITH THE MOTOR RUNNING, ADD THE ICE WATER ALL AT ONCE THROUGH THE FEED TUBE. KEEP HITTING THE PULSE BUTTON TO COMBINE, BUT STOP THE MACHINE JUST BEFORE THE DOUGH BECOMES A SOLID MASS.
2. GATHER UP THE DOUGH AND FORM INTO TWO ONE-INCH-THICK DISKS. WRAP IN PLASTIC AND REFRIGERATE FOR AT LEAST AN HOUR OR UP TO TWO DAYS.
3. PREHEAT THE OVEN TO 450 DEGREES. MIX BERRIES WITH SUGAR, CORNSTARCH, JAM, SALT AND ROSEMARY ESSENTIAL OIL. LET SIT FOR ABOUT 20 MINUTES.
4. MEANWHILE, FLOUR A ROLLING PIN AND ROLL EACH PASTRY INTO A ON A LIGHTLY FLOURED SURFACE. TRANSFER IT TO A BAKING SHEET. MAKE THE EGG WASH BY CRACKING EGG INTO A SMALL BOWL, WHISKING JUST UNTIL THE EGG IS MIXED, AND THEN WHISKING IN DESIRED LIQUID.
5. FILL THE CRUSTS WITH THE BERRY MIXTURE. SPRINKLE FRESH ROSEMARY ON TOP IF DESIRED. GENTLY GATHER AND PLEAT THE OVERHANGING CRUST TO ENCLOSE THE DOUGH INTO RUSTIC CIRCLE.
6. BRUSH WITH EGG WASH.
7. BAKE THE CROSTATATA FOR 30-60 MINUTES, UNTIL THE CRUST IS GOLDEN AND THE FILLING IS BUBBLING. ALLOW TO COOL. SERVE WARM OR AT ROOM TEMPERATURE.

TIPS: OPTIONAL: FRESH ROSEMARY FOR SPRINKLING ON TOP

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-STRAWBERRY-ROSEMARY-CROSTATATA](http://doterra.com/US/en/blog/recipe-strawberry-rosemary-crostata)

TROPICAL COLADA SMOOTHIE WITH VANILLA TRIMSHAKE AND WILD ORANGE ESSENTIAL OIL

- 1 SCOOP VANILLA TRIMSHAKE
- 1 CUP UNSWEETENED ORIGINAL ALMOND MILK
- ½ CUP FROZEN PINEAPPLE
- ½ CUP FROZEN MANGO
- ½ CUP COCONUT GREEK YOGURT*
- 1 BANANA

1. BLEND UNTIL SMOOTH.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-TROPICAL-COLADA-SMOOTHIE](http://doterra.com/US/en/blog/recipes-tropical-colada-smoothie)



SWEET & SOUR MARINADE

SERVINGS: 4-6

PREP TIME: 5 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- ½ CUP BALSAMIC VINEGAR
- ½ CUP HONEY
- ½ CUP LIGHT BROWN SUGAR, PACKED
- ¼ CUP LOW-SODIUM SOY SAUCE
- 2 GARLIC CLOVES, MINCED
- 8 DROPS WILD ORANGE ESSENTIAL OIL

TIPS: RECOMMENDED WITH PORK.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-SWEET-AND-SOUR-MARINAIDE](http://doterra.com/US/en/blog/recipes-sweet-and-sour-marinaide)



PUMPKIN COOKIES

SERVINGS: 38

PREP TIME: 10 MIN

COOK TIME: 10-12 MIN

DIFFICULTY: EASY

- 1 CUP CANNED PUMPKIN
- ½ CUP NON HYDROGENATED VEGETABLE SHORTENING
- ½ CUP SUGAR
- ½ CUP PACKED BROWN SUGAR
- 1 TEASPOON PURE VANILLA EXTRACT
- 3 DROPS doTERRA CINNAMON ESSENTIAL OIL
- 2 DROPS doTERRA GINGER ESSENTIAL OIL
- 1 DROP doTERRA CLOVE BUD ESSENTIAL OIL
- 1½ CUPS ALL-PURPOSE FLOUR
- ¼ CUP OAT FLOUR
- 2 TABLESPOONS CORNSTARCH
- ½ TEASPOON GROUND NUTMEG
- ½ TEASPOON BAKING POWDER
- ½ TEASPOON SALT
- OPTIONAL: 1 CUP PUMPKIN SEEDS



1. REDUCE PUMPKIN BY PLACING IN A SAUCEPAN OVER MEDIUM HEAT FOR 30-45 MINUTES. STIR OFTEN UNTIL PUMPKIN HAS REDUCED TO ½ CUP. SET ASIDE TO COOL.
2. CREAM TOGETHER SHORTENING AND SUGARS UNTIL LIGHT AND FLUFFY. MIX IN COOLED PUMPKIN, VANILLA, AND doTERRA OILS.
3. SIFT REMAINING DRY INGREDIENTS. MIX UNTIL COMBINED.
4. PREHEAT OVEN TO 350 DEGREES FAHRENHEIT. LINE 2 BAKING SHEETS WITH PARCHMENT PAPER.
5. ROLL ROUNDED TEASPOONFUL'S OF DOUGH INTO BALLS. PLACE ONTO BAKING SHEETS. FLATTEN TOPS WITH A SPOON. ARRANGE A FEW PUMPKIN SEEDS IN THE CENTER AS GARNISH.
6. BAKE 10-12 MINUTES. LET STAND ON COOKIE SHEET FOR 2 MINUTES BEFORE REMOVING TO COOL ON WIRE RACKS.

TIPS: MAKE YOUR OWN OAT FLOUR BY TOSSING OATS IN A FOOD PROCESSOR OR BLENDER.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-PUMPKIN-COOKIES](http://doterra.com/US/en/blog/recipes-pumpkin-cookies)

GRANOLA BARS

SERVINGS: 5-6

PREP TIME: 15 MIN

COOK TIME: 12-15 MIN

DIFFICULTY: EASY

- 2 ½ CUPS OF QUICK OATS
- ½ CUP RICE CRISPIES
- ½ CUP OF MINI SEMISWEET CHOCOLATE CHIPS
- ¼ CUP BROWN SUGAR
- ½ TEASPOON OF SALT
- ¼ CUP COCONUT
- ⅛ CUP FLAX SEED
- ⅛ CUP SESAME SEED
- ⅛ CUP CHIA SEED
- 1/3 CUP COCONUT OIL
- ¼ CUP HONEY
- ½ TEASPOON VANILLA
- 2 DROPS OF YOUR FAVORITE ESSENTIAL OIL



1. MIX ALL DRY INGREDIENTS TOGETHER. SET ASIDE.
2. MIX ALL WET INGREDIENTS TOGETHER. MELT IN A SAUCE PAN OVER MEDIUM HEAT.
3. ADD DRY INGREDIENTS TO WET INGREDIENTS. MIX UNIFORMLY.
4. ALLOW WET INGREDIENTS TO ABSORB INTO DRY INGREDIENTS. IF MIXTURE IS TOO DRY, ADD MORE COCONUT OIL OR HONEY; IF TOO WET, ADD MORE OATMEAL.
5. LINE CAKE PAN WITH PARCHMENT PAPER. POUR IN MIXTURE AND PAT DOWN.
6. COOK AT 350 DEGREES FAHRENHEIT FOR 12-15 MINUTES OR UNTIL LIGHTLY BROWN.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-GRANOLA-BARS](http://doterra.com/US/en/blog/recipes-granola-bars)

SPRING DETOX JUICE

SERVINGS: 1-2

PREP TIME: 5 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- 3 STALKS KALE
- 2 STALKS CELERY
- 1 LIME
- 1 APPLE
- 1 CUCUMBER
- 1 DROP CILANTRO ESSENTIAL OIL

1. COMBINE INGREDIENTS, EXCEPT ESSENTIAL OIL, IN A JUICER. JUICE AND ADD ESSENTIAL OIL LAST TO TASTE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-SPRING-DETOX-JUICE](http://doterra.com/US/en/blog/recipes-spring-detox-juice)



TOMATOES STUFFED WITH CHICKEN SALAD

PREP TIME: 20 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- 6 LARGE TOMATOES
- 2 CUPS COOKED AND CUBED CHICKEN
- ½ CUP MINCED RED BELL PEPPER
- 1 CELERY RIB, CHOPPED
- 1 ½ TABLESPOONS MINCED RED ONION
- 1/3 CUCUMBER CHOPPED
- ¼ CUP PLUS 2 TABLESPOONS OLIVE OIL
- 1 DROP LEMON ESSENTIAL OIL
- 1 DROP CILANTRO ESSENTIAL OIL
- 1 TABLESPOON CHOPPED FRESH ITALIAN PARSLEY
- 1 TABLESPOON DIJON MUSTARD
- 2 TABLESPOONS OF MAYO OR YOGURT RANCH DRESSING

1. CUT ½ INCH OFF TOP OF EACH TOMATO. SCOOP OUT PULP. TURN TOMATOES UPSIDE DOWN ON PAPER TOWELS TO DRAIN.
2. IN A MEDIUM BOWL, COMBINE CHICKEN, BELL PEPPER, ONION, CELERY, AND CUCUMBER.
3. IN A SMALL BOWL, WHISK TOGETHER OLIVE OIL, ESSENTIAL OILS, PARSLEY, MUSTARD, AND RANCH. POUR OVER CHICKEN, TOSSING GENTLY TO COAT.
4. LINE TOMATOES WITH LEAF LETTUCE OR SPINACH LEAVES. SPOON CHICKEN SALAD EVENLY INTO TOMATOES. REFRIGERATE OR SERVE IMMEDIATELY.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-TOMATOES-STUFFED-WITH-CHICKEN-SALAD](http://doterra.com/US/en/blog/recipes-tomatoes-stuffed-with-chicken-salad)



SPICY SWEET POTATO FRIES WITH AVOCADO LIME DIP

SERVINGS: 4

PREP TIME: 20 MIN

COOK TIME: 30 MIN

DIFFICULTY: EASY

FRY INGREDIENTS

- 1-2 LARGE SWEET POTATOES, UNPEELED AND CUT
- 2-3 TABLESPOONS OLIVE OIL
- ½ TEASPOON SMOKED PAPRIKA
- ¼ TEASPOON GARLIC POWDER
- ¼ TEASPOON CAYENNE PEPPER
- KOSHER SALT, TO TASTE
- PEPPER, FRESHLY GROUND, TO TASTE

DIP INGREDIENTS

- 2 AVOCADOS
- 1-2 DROPS LIME ESSENTIAL OIL
- 2-3 DASHES HOT SAUCE
- SALT, TO TASTE
- PEPPER, TO TASTE



1. PREHEAT OVEN TO 450 DEGREES FAHRENHEIT.
2. TOSS INGREDIENTS TOGETHER IN SEALED BAG UNTIL EVENLY COATED.
3. PLACE EVENLY ON LARGE-RIMMED BAKING SHEET.
4. ROAST, TURNING ONCE UNTIL WEDGES ARE GOLDEN BROWN AND CRISP (25-30 MINUTES).
5. PLACE INGREDIENTS FOR DIP IN MINI FOOD PROCESSOR AND MIX UNTIL SMOOTH.
6. TRANSFER DIP TO BOWL AND SERVE ALONGSIDE SWEET POTATO FRIES.

TIPS: FOR EXTRA CRISPY FRIES, LIGHTLY TOSS CUT POTATOES IN 2-3 TABLESPOONS OF CORNSTARCH.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-SPICY-SWEET-POTATO-FRIES-WITH-AVOCADO-LIME-DIP](http://doterra.com/US/en/blog/recipes-spicy-sweet-potato-fries-with-avocado-lime-dip)

CHOCOLATE AVOCADO MOUSSE WITH PEPPERMINT ESSENTIAL OIL

PREP TIME: 30 MIN

COOK TIME: 0

DIFFICULTY: EASY

- 2 BARS (OR 6 OZ.) DAIRY-FREE FINE CHOCOLATE
- 2 LARGE RIPE AVOCADOS
- 2 TABLESPOONS UNSWEETENED NATURAL COCOA POWDER
- 2 TEASPOONS VANILLA BEAN PASTE
- 1 VANILLA BEAN POD
- 6 TABLESPOONS MAPLE SYRUP
- ¼ - ½ CUP SUGAR
- 1 (5.4 OZ.) CAN OF COCONUT CREAM
- 6-12 DROPS PEPPERMINT ESSENTIAL OIL

1. CUT ONE BAR IN HALF, RESERVING HALF OF ONE BAR FOR SHAVINGS.
2. PLACE A HEATPROOF BOWL OVER A PAN OF SIMMERING WATER, MAKING SURE THE BASE DOESN'T TOUCH THE WATER.
3. BREAK THE REMAINING CHOCOLATE INTO THE BOWL AND STIR, ALLOWING IT TO MELT.
4. ONCE MELTED, SET ASIDE TO COOL SLIGHTLY.
5. MEANWHILE, HALVE AND STONE THE AVOCADOS, THEN SCOOP THE FLESH INTO A FOOD PROCESSOR OR BLENDER, DISCARDING THE SKINS.
6. SPLIT THE VANILLA BEAN POD DOWN THE MIDDLE, SCOOP OUT THE BEANS, AND ADD THEM TO THE FOOD PROCESSOR.
7. ADD THE REMAINING INGREDIENTS AND PULSE FOR A FEW SECONDS. SCRAPE DOWN THE SIDES WITH A SPATULA, THEN PULSE AGAIN TO COMBINE.
8. POUR IN THE COOLED CHOCOLATE, THEN PULSE A FINAL TIME UNTIL CREAMY AND SMOOTH.
9. PUT INTO DESIRED SERVE WARE, THEN POP IN THE FRIDGE TO CHILL FOR AT LEAST 30 MINUTES. SERVE WITH AN EXTRA GRATING OF CHOCOLATE.

TIPS:

FOR A DIFFERENT FLAVOR, TRY USING LAVENDER ESSENTIAL OIL INSTEAD OF PEPPERMINT! JUST BE SURE TO ADD FEWER DROPS OF LAVENDER

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-CHOCOLATE-AVOCADO-MOUSSE-WITH-PEPPERMINT-ESSENTIAL-OIL](http://doterra.com/us/en/blog/recipe-chocolate-avocado-mousse-with-peppermint-essential-oil)



CUCUMBER AVOCADO OPEN-FACED SANDWICHES

SERVINGS: 7

PREP TIME: 10 MIN

COOK TIME: 0

DIFFICULTY: EASY

- 1 LOAF THINLY SLICED ARTISAN MULTIGRAIN BREAD
- 1-2 AVOCADOS
- 1 WEDGE SEMI-SOFT CHEESE WITH HERBS (WE USED FROMAGE D’AFFINOIS), ROOM TEMPERATURE
- 1 BRITISH CUCUMBER
- 1 SMALL PACKAGE MICROGREENS
- 1 DROP THYME ESSENTIAL OIL
- SALT AND PEPPER, TO TASTE

1. SLICE CUCUMBER, PAT TO DRY. SET ASIDE. LAY OUT BREAD SLICES. MASH AVOCADOS, ADDING 1 DROP OF THYME ESSENTIAL OIL PLUS SALT AND PEPPER TO TASTE.
2. SPREAD BREAD SLICES WITH CHEESE, THEN AVOCADO MIXTURE. PLACE CUCUMBER SLICES ON TOP AND SPRINKLE WITH MORE SALT AND PEPPER. ADD A FLOURISH OF MICROGREENS AND SERVE IMMEDIATELY.



- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-CUCUMBER-AVOCADO-OPEN-FACED-SANDWICHES](http://doterra.com/US/en/blog/recipe-cucumber-avocado-open-faced-sandwiches)

CROCKPOT VEGAN PINTO BEANS

SERVINGS: 5-7

PREP TIME: 15 MIN

COOK TIME: 5 HOURS

DIFFICULTY: EASY

- ō 2 CUPS DRY PINTO BEANS
- ō 4 TABLESPOONS CUMIN
- ō 3 TEASPOONS PAPRIKA
- ō 2 TABLESPOONS DRIED GARLIC FLAKES
- ō 1-2 TABLESPOONS GARLIC
- ō 2 TABLESPOONS TACO SEASONING
- ō 1 ONION
- ō 2 TOMATOES
- ō 1 BELL PEPPER
- ō 4-6 CUPS WATER
- ō 2 TABLESPOONS VIRGIN COCONUT OIL
- ō 2 CUPS ORGANIC APPLE CIDER VINEGAR
- ō 1-2 DROPS doTERRA CILANTRO ESSENTIAL OIL
- ō 1-2 DROPS doTERRA LIME ESSENTIAL OIL



1. WASH PINTO BEANS AND SOAK OVERNIGHT IN COLD WATER. DRAIN AND DUMP INTO SLOW COOKER. STIR IN CUMIN, PAPRIKA, DRIED GARLIC FLAKES, AND TACO SEASONING.
2. MINCE GARLIC AND ONIONS; STIR INTO SLOW COOKER.
3. DICE BELL PEPPERS AND TOMATOES; STIR INTO SLOW COOKER.
4. STIR IN 4-6 CUPS WATER, VIRGIN COCONUT OIL, ORGANIC APPLE CIDER VINEGAR, AND CILANTRO ESSENTIAL OIL. WATER LEVEL SHOULD BE 1-2 INCHES FROM TOP.
5. COVER SLOW COOKER AND COOK ON HIGH UNTIL BEANS ARE VERY TENDER (ABOUT 5 HOURS).
6. ADD doTERRA LIME ESSENTIAL OIL BEFORE SERVING.
7. FOR AN EXTRA TREAT, ADD SHREDDED CHEESE AND SOUR CREAM.

SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-CROCKPOT-VEGAN-PINTO-BEANS](http://doterra.com/us/en/blog/recipes-crockpot-vegan-pinto-beans)

LAZY AVOCADO SUSHI WITH GINGER ESSENTIAL OIL

PREP TIME: 10

COOK TIME: ONLY THE AMOUNT OF TIME IT TAKES TO COOK THE RICE

DIFFICULTY: EASY

- 1 AVOCADO
- 1 CUP BROWN RICE, COOKED
- 4 TABLESPOONS SOY SAUCE
- 1 1/2 TABLESPOONS RICE VINEGAR
- 1 TOOTHPICK OF GINGER ESSENTIAL OIL

OIL

- SESAME SEEDS

ESSENTIAL OIL VARIATIONS:

- LEMONGRASS
- LIME
- WILD ORANGE

TOPPING VARIATIONS:

- HIGH QUALITY RAW SALMON, TUNA, OR YELLOWTAIL
- COOKED SHRIMP
- FRESH PINEAPPLE, DICED
- FRESH MANGO, DICED
- COCONUT SHAVINGS
- LEMON, SLICED THINLY
- LIME, SLICED THINLY
- FISH SAUCE
- PEANUTS



1. CUT AVOCADO IN HALF.
2. IN A SMALL BOWL, WHISK TOGETHER SOY SAUCE AND RICE VINEGAR. DIP A TOOTHPICK INTO THE ORIFICE OF THE GINGER ESSENTIAL OIL.
3. DIP TOOTHPICK INTO SAUCE MIXTURE AND SWIRL TO COMBINE.
4. MIX RICE WITH SAUCE. TOP AVOCADO WITH RICE. DRIZZLE MORE SAUCE ON TOP IF DESIRED, AND SPRINKLE WITH SESAME SEEDS.
5. SCOOP OUT WITH A SPOON AND ENJOY YOUR LAZY SUSHI BITE BY BITE!

TIPS: THIS WOULD BE THE PERFECT RECIPE FOR AN EASY, INTERACTIVE DINNER WITH FRIENDS.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-AVOCADO-SUSHI](http://doterra.com/US/en/blog/recipe-avocado-sushi)

ZUCCHINI TOMATO BASIL SALAD WITH LEMON BASIL VINAIGRETTE

SERVINGS: 4

PREP TIME: 30 MIN

DIFFICULTY: EASY

- ō ¼ CUP WHITE WINE VINEGAR
- ō 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- ō 1 DROP BASIL ESSENTIAL OIL
- ō 2 DROPS LEMON ESSENTIAL OIL
- ō 1 CLOVE GARLIC, FINELY MINCED
- ō 1 TABLESPOON MINCED SHALLOT
- ō 2 MEDIUM ZUCCHINIS, ENDS REMOVED AND DISCARDED
- ō 8 LARGE FRESH BASIL LEAVES, SLICED THIN
- ō 8 OUNCES CHERRY TOMATOES IN A VARIETY OF COLORS, SLICED IN HALF LENGTHWISE
- ō 5 OUNCES SMALL FRESH MOZZARELLA BALLS
- ō SALT AND PEPPER, TO TASTE



TO PREPARE THE VINAIGRETTE:

1. IN A SMALL JAR, COMBINE WHITE WINE VINEGAR, EXTRA VIRGIN OLIVE OIL, BASIL ESSENTIAL OIL, LEMON ESSENTIAL OIL, GARLIC, AND SHALLOT. SCREW THE LID TO THE JAR ON TIGHTLY, THEN SHAKE UNTIL WELL MIXED. SET ASIDE.

TO PREPARE THE SALAD:

1. USING A VEGETABLE SPIRALIZER, PREPARE THE ZUCCHINI USING THE STRAIGHT BLADE ACCORDING TO MANUFACTURER'S RECOMMENDED INSTRUCTIONS. ALTERNATIVELY, SLICE THE ZUCCHINI INTO RIBBONS USING A VEGETABLE PEELER OR A MANDOLIN.
2. IN A MIXING BOWL, TOSS THE ZUCCHINI WITH THE BASIL. TRANSFER TO A LARGE SERVING PLATTER. ARRANGE THE TOMATOES AND THE MOZZARELLA ON TOP OF THE BED OF ZUCCHINI.
3. POUR THE DRESSING ON TOP OF THE PREPARED SALAD, THEN SPRINKLE THE TOP WITH SALT AND PEPPER, SEASONING TO TASTE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-ZUCCHINI-TOMATO-BASIL-SALAD-WITH-LEMON-BASIL-VINAIGRETTE](http://doterra.com/US/en/blog/recipes-zucchini-tomato-basil-salad-with-lemon-basil-vinaigrette)

KEY LIME PIE PARFAIT WITH LIME ESSENTIAL OIL

SERVINGS: 1

PREP TIME: 5 MINUTES

COOK TIME: 0

DIFFICULTY: EASY

- 1 CUP VANILLA GREEK YOGURT
- 1/2 CUP ORGANIC GRANOLA (WE LIKE TO USE ORGANIC FRENCH VANILLA GRANOLA)
- ZEST AND JUICE OF 2 KEY LIMES
- 2 DROPS LIME ESSENTIAL OIL
- OPTIONAL: 1 TABLESPOON HONEY

1. IN A SMALL BOWL, ADD YOGURT, LIME ZEST, LIME JUICE, LIME ESSENTIAL OIL, AND HONEY FOR ADDED SWEETNESS.
2. IN A TALL CUP OR BOWL, ADD 1/3 OF THE YOGURT MIXTURE TO THE BOTTOM OF CUP AND TOP WITH 1/2 OF GRANOLA. REPEAT LAYERS UNTIL INGREDIENTS ARE GONE.

TIPS: KEY LIMES ARE NATURALLY A LOT SMALLER THAN REGULAR LIMES. IF YOU CAN'T FIND KEY LIMES THAN REPLACE WITH 1/2 OF A REGULAR LIME.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-KEY-LIME-PIE-PARFAIT](http://doterra.com/us/en/blog/recipe-key-lime-pie-parfait)



ORANGE BLOSSOM PANNA COTTA WITH ORANGE GELEE

SERVINGS: 8

PREP TIME: 15 MINS

COOK TIME: 5 MINS

DIFFICULTY: EASY



PANNA COTTA:

- 2 CUPS WHIPPING CREAM (SUBSTITUTE HALF AND HALF IF DESIRED)
- 2 TEASPOONS UNFLAVORED GELATIN
- ½ CUP SUGARAV
- 1 CUPS NON-FAT PLAIN OR VANILLA YOGURT
- 5 DROPS WILD ORANGE ESSENTIAL OIL

GELEE:

- ¾ CUP ORANGE JUICE, DIVIDED
- ½ TEASPOON UNFLAVORED GELATIN

1. PLACE ¼ CUP OF CREAM INTO SMALL BOWL, SPRINKLE WITH GELATIN. LET STAND TO SOFTEN (ABOUT 10 MINUTES).
2. WHILE GELATIN IS SOFTENING, POUR REMAINING CREAM AND ½-CUP SUGAR INTO A 2-QUART SAUCEPAN; PLACE OVER MEDIUM HEAT. STIR UNTIL SUGAR IS DISSOLVED. POUR INTO A LARGE BOWL.
3. ADD YOGURT, SOFTENED GELATIN/CREAM MIXTURE, AND WILD ORANGE OIL; WHISK UNTIL WELL BLENDED AND SMOOTH.
4. DIVIDE BETWEEN 8 MARTINI OR JUICE GLASSES AND CHILL FOR SEVERAL HOURS OR OVERNIGHT, UNTIL SET.
5. ONCE PANNA COTTA IS SET, PLACE ¼ CUP OF ORANGE JUICE IN SMALL DISH AND SPRINKLE UNFLAVORED GELATIN OVER THE TOP.
6. SET ASIDE TO SOFTEN FOR ABOUT 5 MINUTES.
7. HEAT REMAINING ORANGE JUICE IN A MICROWAVE SAFE DISH UNTIL IT BEGINS TO SIMMER, ABOUT 45-60 SECONDS.
8. SCRAPE SOFTENED GELATIN MIXTURE INTO HOT ORANGE JUICE AND STIR UNTIL GELATIN IS DISSOLVED. SET ASIDE TO COOL AT ROOM TEMPERATURE; DIVIDE BETWEEN EACH OF THE PANNA COTTA GLASSES TO CREATE AN EVEN LAYER ON TOP.
9. REFRIGERATE UNTIL ORANGE GELEE IS SET.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-ORANGE-BLOSSOM-PANNA-COTTA-WITH-ORANGE-GELEE](http://doterra.com/US/en/blog/recipes-orange-blossom-panna-cotta-with-orange-gelee)

GLAZED SPICY SWEET POTATOES

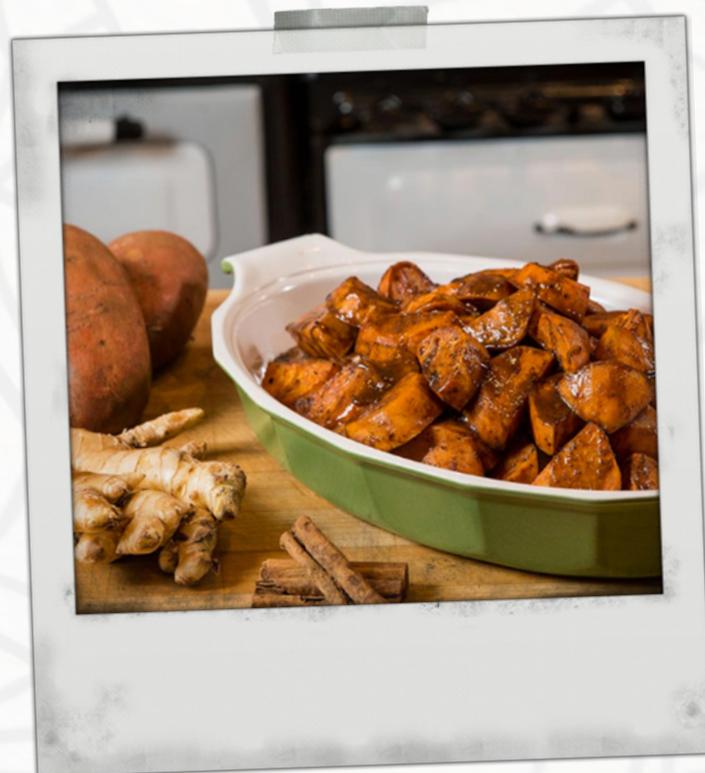
SERVINGS: 4

PREP TIME: 15 MINS

COOK TIME: 25 MINS

DIFFICULTY: EASY

- ō 4 TABLESPOONS BUTTER, MELTED
- ō 4 TABLESPOONS HONEY JUICE OF
- ō 1 LIME
- ō 2 TEASPOONS GROUND ALLSPICE
- ō 8 DROPS doTERRA CINNAMON BARK ESSENTIAL OIL
- ō 5 DROPS doTERRA GINGER ESSENTIAL OIL
- ō 2 POUNDS ORANGE-FLESHED SWEET POTATOES, PEELED AND CUT INTO ½-INCH THICK SLICES
- ō KOSHER SALT AND FRESHLY GROUND BLACK PEPPER TO TASTE
- ō FRESH THYME SPRIGS FOR GARNISH (OPTIONAL)



1. PREHEAT OVEN TO 425 DEGREES (400 CONVECTION).
2. COAT LARGE BAKING DISH OR ROASTING PAN WITH OIL.
3. IN LARGE BOWL, STIR BUTTER, HONEY, LIME JUICE, ALLSPICE, AND CINNAMON AND GINGER OILS TOGETHER UNTIL BLENDED.
4. ADD SWEET POTATO SLICES AND TOSS TO COAT BEFORE PLACING ON BAKING PAN IN A SINGLE LAYER.
5. NOTE: IF A BOWL LARGE ENOUGH TO MIX EVERYTHING TOGETHER ISN'T AVAILABLE, PLACE THE POTATOES ON THE BAKING PAN AND POUR THE GLAZE OVER THE POTATOES, TOSSING ON THE PAN TO COAT AS EVENLY AS POSSIBLE.
6. ARRANGE THE SLICES IN A SINGLE LAYER IN PREPARED DISH OR PAN.
7. SEASON POTATOES WITH SALT AND PEPPER.
8. BAKE THE SWEET POTATOES FOR 10 MINUTES AND THEN STIR TO COAT WITH GLAZE.
9. CONTINUE BAKING ANOTHER 10-15 MINUTES OR UNTIL TENDER AND SLIGHTLY CARAMELIZED.
10. TRANSFER TO BOWL AND GARNISH WITH FRESH THYME LEAVES, IF DESIRED.

TIPS: THE SWEET POTATOES CAN BE PREPARED IN ADVANCE AND THEN REHEATED IN THE OVEN TO HEAT THROUGH.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-GLAZED-SPICY-SWEET-POTATOES](http://doterra.com/US/en/blog/recipes-glazed-spicy-sweet-potatoes)

CARROT AND GINGER RICE WITH MINT

SERVINGS: 4-6

PREP TIME: 10 MINS

COOK TIME: 45 MINS

DIFFICULTY: EASY

- ō 1 TABLESPOON OLIVE OIL
- ō 1 CUP JASMINE RICE
- ō 1 ¼ TEASPOONS KOSHER SALT
- ō 2 CUPS CARROT JUICE
- ō 5 DROPS DOTERRA GINGER ESSENTIAL OIL
- ō 1 TABLESPOON FINELY CHOPPED FRESH MINT

1. PREHEAT OVEN TO 350 DEGREES FAHRENHEIT (325 CONVECTION).
2. HEAT A 1- OR 2-QUART SAUCEPAN OVER HIGH HEAT UNTIL THE HEAT CAN BE FELT RADIATING FROM THE SURFACE OF THE PAN WHEN YOUR HAND IS HELD ABOUT 6 INCHES ABOVE THE BOTTOM OF THE PAN.
3. ADD OLIVE OIL TO THE PAN AND TILT THE PAN TO COAT EVENLY.
4. ADD RICE AND SALT; STIR FREQUENTLY TO KEEP FROM BURNING. WHEN RICE STARTS TO TURN OPAQUE, REMOVE PAN FROM HEAT AND GRADUALLY ADD CARROT JUICE.
5. ADD GINGER ESSENTIAL OIL AND PLACE LID ON THE PAN (OR COVER TIGHTLY WITH FOIL IF A LID ISN'T AVAILABLE) AND PLACE IN THE PREHEATED OVEN; BAKE FOR 30 MINUTES.
6. REMOVE FROM THE OVEN AND LET SIT COVERED FOR 10 MINUTES.
7. REMOVE COVER AND FLUFF RICE WITH A FORK. 8. STIR IN THE CHOPPED FRESH MINT AND SERVE HOT.



- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-CARROT-AND-GINGER-RICE-WITH-MINT](http://doterra.com/US/en/blog/recipes-carrot-and-ginger-rice-with-mint)

ILDIKÓ'S CUCUMBER DILL DIP WITH doTERRA DILL ESSENTIAL OIL

SERVINGS: 10
PREP TIME: 45 MINUTES
COOK TIME: 3 HOURS
DIFFICULTY: MEDIUM



- ō 3-4 LARGE CUCUMBERS OR 1 ½ ENGLISH CUCUMBERS
- ō 3 LARGE CLOVES GARLIC, GRATED OR MINCED
- ō SALT AND PEPPER TO TASTE
- ō 24-32 OUNCES SOUR CREAM
- ō 1 SLICE GREEN BELL PEPPER, JULIENNED AND MINCED
- ō 1 OR 2 TABLESPOON WHITE DISTILLED VINEGAR
- ō 3 DROPS DILL ESSENTIAL OIL
- ō 1 SPRIG FRESH DILL, MINCED

1. PEEL THE CUCUMBERS. SLICE IN HALF LENGTHWISE.
2. SCOOP OUT MOST OF THE SEEDS (NOT ALL, AS THE SEEDS FLAVOR THE DIP). CUT THE CUCUMBERS IN HALF AGAIN, THEN THINLY SLICE THEM. TRANSFER ALL OF THE CUCUMBERS TO A LARGE MIXING BOWL AND GENEROUSLY SALT THEM.
3. LET STAND FOR AT LEAST 30 MINUTES. WORKING IN HANDFULS, TAKE THE CUCUMBERS AND SQUEEZE OUT THE LIQUID.
4. TRANSFER THE SQUEEZED CUCUMBERS TO A NEW, DRY BOWL. ADD THE GARLIC, GREEN PEPPER, VINEGAR, AND BLACK PEPPER TO TASTE. STIR.
5. MIX IN SOUR CREAM, ADDING IN INCREMENTS UNTIL DESIRED CONSISTENCY IS REACHED. MIX IN 3 DROPS OF DILL ESSENTIAL OIL AND THE FRESH MINCED DILL.
6. CHILL FOR 2-3 HOURS SO THE FLAVORS CAN FURTHER DEVELOP.

TIPS: EXPERIMENT WITH THE AMOUNT OF DILL ESSENTIAL OIL USED TO ALTER THE FLAVOR OF THE DIP.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-HUNGARIAN-LANGOS-AND-CUCUMBER-DILL-DIP-WITH-DILL-ESSENTIAL-OIL](http://doterra.com/US/en/blog/recipe-hungarian-langos-and-cucumber-dill-dip-with-dill-essential-oil)

LOW-FAT SPINACH AND ARTICHOKE DIP

SERVINGS: 64

PREP TIME: 10 MINS

COOK TIME: 8-10 MINS

DIFFICULTY: EASY

- ō 8 OUNCES REDUCED FAT CREAM CHEESE
- ō 2 CUPS PLAIN, NON-FAT GREEK YOGURT
- ō 2 TABLESPOONS BUTTER
- ō 1½ CUPS PARMESAN CHEESE
- ō 14 OUNCES QUARTERED ARTICHOKE HEARTS, DRAINED AND COARSELY CHOPPED
- ō 4 OUNCE CAN DICED JALAPEÑOS, DRAINED
- ō 10 OUNCES FROZEN SPINACH THAWED AND DRAINED
- ō 1-2 DROPS MARJORAM ESSENTIAL OIL

1. MELT TOGETHER CREAM CHEESE, GREEK YOGURT, BUTTER, AND PARMESAN CHEESE IN MEDIUM POT OVER MEDIUM HEAT UNCOVERED, STIRRING FREQUENTLY UNTIL MELTED AND EVEN CONSISTENCY.
2. STIR IN CHOPPED ARTICHOKE HEARTS, JALAPEÑOS, AND SPINACH.
3. STIR IN 2-3 PRESSED GARLIC CLOVES AND ESSENTIAL OIL.
4. LET BUBBLE FOR A FEW MINUTES AND SERVE WITH PITA CHIPS OR BREAD.

- SEE MORE AT: [HTTP:// DOTERRA.COM/US/EN/BLOG/RECIPES-LOW-FAT-SPINACH-AND-ARTICHOKE-DIP](http://doterra.com/US/en/blog/recipes-low-fat-spinach-and-artichoke-dip)



WALDORF SALAD

SERVINGS: 4-6

PREP TIME: 15 MINS

COOK TIME: 0 MINS

DIFFICULTY: EASY

- ō 5 APPLES MEDIUM DICED
- ō 5 OUNCES CELERY SMALL DICED
- ō 4 OUNCES WALNUTS COURSE CHOPPED
- ō 2/3 CUP MAYO OR PLAIN GREEK YOGURT
- ō 7 DROPS LEMON ESSENTIAL OIL

1. COMBINE ALL ABOVE INGREDIENTS, SERVE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-WALDORF-SALAD](http://doterra.com/US/en/blog/recipe-waldorf-salad)



ROASTED BUTTERNUT SQUASH SOUP

SERVINGS: 4-5

PREP TIME: 30 MINS

COOK TIME: 45 MINS

DIFFICULTY: MEDIUM



- ¼ CUP MEDIUM DICED ONION
- ¼ CUP MEDIUM DICED CELERY
- ¼ CUP SMALL DICED CARROT
- 3 CUPS MEDIUM DICED BUTTERNUT SQUASH
- 2-3 CUPS CHICKEN STOCK
- ½ CUP HEAVY CREAM OR EVAPORATED SKIM MILK
- 1 TEASPOON SALT
- ½ TEASPOON BLACK PEPPER
- 2 DROPS CARDAMOM ESSENTIAL OIL
- 2 DROPS CINNAMON BARK ESSENTIAL OIL

1. ROAST FIRST 4 INGREDIENTS IN 350 DEGREE FAHRENHEIT OVEN; WHEN NICELY BROWNEED PUT IN SAUCE PAN.
2. ADD 2 CUPS CHICKEN STOCK, HEAVY CREAM, SALT AND PEPPER.
3. SIMMER UNTIL JUST BOILING, PLACE IN FOOD PROCESSOR.
4. PUREE UNTIL SMOOTH, ADD MORE STOCK IF NEEDED FOR SMOOTH, SOUPY TEXTURE.
5. ADD ESSENTIAL OILS.
6. ADD MORE SEASONING IF NEEDED. SERVE HOT.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-ROASTED-BUTTERNUT-SQUASH-SOUP](http://doterra.com/US/en/blog/recipes-roasted-butternut-squash-soup)

IQ MEGA FRENCH TOAST

SERVINGS: 4

PREP TIME: 10 MIN

COOK TIME: 8-10 MIN

DIFFICULTY: EASY

- 1 EGG
- ¼ CUP ALMOND MILK
- 1 TEASPOON IQ MEGA
- SPRINKLE OF CINNAMON
- 4 SLICES WHOLE WHEAT BREAD

1. PUT ALL INGREDIENTS IN A SHALLOW BOWL AND MIX WELL.
2. DUNK EACH SLICE OF BREAD ON BOTH SIDES AND THEN COOK IN A SKILLET OVER MEDIUM HEAT.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-IQ-MEGA-FRENCH-TOAST](http://doterra.com/US/en/blog/recipes-iq-mega-french-toast)



WILD ORANGE FRENCH TOAST

SERVINGS: 24

PREP TIME: 10 MINS

COOK TIME: 6-8 MINS

DIFFICULTY: EASY



- 1 24-INCH SOFT BAGUETTE OR BREAD OF CHOICE
- 1 CUP CRACKED EGGS
- 1 CUP HEAVY CREAM OR
- 1 CUP ALMOND MILK
- 1 TEASPOON SALT
- 6 DROPS WILD ORANGE ESSENTIAL OIL

1. SLICE BAGUETTE ON DIAGONAL.
2. COMBINE ALL OTHER INGREDIENTS.
3. DIP BREAD IN MIX AND BROWN ON BOTH SIDES IN MEDIUM HOT SKILLET. SERVE WARM.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-WILD-ORANGE-FRENCH-TOAST-AND-BUTTERMILK-SYRUP](http://doterra.com/US/en/blog/recipes-wild-orange-french-toast-and-buttermilk-syrup)

SPRING GNOCCHIE

SERVINGS: 4-6

PREP TIME: 10 MIN

COOK TIME: 20 MIN

DIFFICULTY: EASY

- ō 2 (10-OUNCE) BAGS POTATO GNOCCHI
- ō 2 TABLESPOONS COCONUT OR OLIVE OIL
- ō 1 BELL PEPPER, SLICED IN STRIPS
- ō 1 MEDIUM ONION, CHOPPED
- ō 2 GARLIC CLOVES, MINCED
- ō 1 SMALL ZUCCHINI, SLICED
- ō 3 CUPS OF RAW SPINACH
- ō 8 OUNCES GRAPE TOMATOES, HALVED
- ō 1 DROP BASIL ESSENTIAL OIL
- ō 1 DROP LEMON ESSENTIAL OIL
- ō 2 TEASPOONS FRESH LEMON JUICE
- ō ½ CUP PARMESAN CHEESE
- ō 1 TEASPOON FRESH CHOPPED
ROSEMARY LEAVES
- ō SALT AND PEPPER TO TASTE



1. HEAT 1 TABLESPOON OIL IN LARGE NONSTICK SKILLET OVER MEDIUM HEAT. ADD GNOCCHI AND COOK, STIRRING OFTEN, UNTIL GOLDEN BROWN. TRANSFER TO BOWL AND SET ASIDE.
2. ADD REMAINING 1 TEASPOON OIL, ONION, ZUCCHINI, AND BELL PEPPER TO PAN AND SAUTÉ, STIRRING, OVER MEDIUM HEAT.
3. STIR IN GARLIC AND WATER. COVER AND COOK UNTIL VEGETABLES ARE SOFT.
4. ADD SPINACH AND COOK, STIRRING, UNTIL SPINACH STARTS TO WILT.
5. STIR IN TOMATOES, SALT, PEPPER, LEMON JUICE, ESSENTIAL OILS, AND FRESH HERBS.
6. STIR IN GNOCCHI AND SPRINKLE WITH PARMESAN CHEESE.
7. COVER AND COOK UNTIL CHEESE IS MELTED.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-SPRING-GNOCCHI](http://doterra.com/US/en/blog/recipes-spring-gnocchi)

QUINOA TABBOULEH

SERVINGS: 4

PREP TIME: 20 MINUTES

COOK TIME: 10 MINUTES

DIFFICULTY: EASY

- 1 CUP QUINOA
- 1½ CUPS WATER
- 1 RED GRAPEFRUIT
- 2 ORANGES
- 2/3 CUP DRIED APRICOTS
- ¼ CUP PINE NUTS
- 1 CUP HERB OF CHOICE
- SALT, TO TASTE
- DRESSING INGREDIENTS
- 4 DROPS LEMON ESSENTIAL OIL
- 4 DROPS GRAPEFRUIT ESSENTIAL OIL
- 1 TABLESPOON OLIVE OIL
- 1 GARLIC CLOVE, PEELED AND CRUSHED
- PINCH CAYENNE PEPPER
- SALT, TO TASTE



1. RINSE QUINOA UNDER COLD WATER IN SIEVE.
2. COMBINE QUINOA AND WATER IN SAUCEPAN AND SIMMER 10 MINUTES, COVERED.
3. REMOVE FROM HEAT AND ADD SALT. LEAVE COVERED FOR 10 MINUTES UNTIL WATER IS ABSORBED AND GRAIN IS SOFT.
4. REMOVE PEEL, PITH, AND MEMBRANES FROM GRAPEFRUIT AND CHOP FLESH INTO SMALL PIECES. CUT APRICOTS INTO THIN SLICES.
5. IN SEPARATE BOWL, COMBINE DRESSING INGREDIENTS.
6. ADD DRESSING INGREDIENTS AND FRUIT MIXTURE TO QUINOA AND MIX.
7. TOAST PINE NUTS IN DRY, HOT PAN UNTIL GOLDEN.
8. PINCH LEAVES OFF THE HERBS; RINSE, DRY, AND CHOP FINELY.
9. TO SERVE, SCATTER QUINOA WITH PINE NUTS AND HERBS.

TIPS: HERB RECOMMENDATIONS: MINT, CORIANDER, PARSLEY, CILANTRO

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-QUINOA-TABBOULEH](http://doterra.com/US/en/blog/recipes-quinoa-tabbouleh)

ROSEMARY LEMON HUMMUS

SERVINGS: 12-15
PREP TIME: 10 MIN
COOK TIME: 0 MIN
DIFFICULTY: EASY

- 1 CAN ORGANIC GARBANZO BEANS (½ LIQUID DRAINED)
- 2 GARLIC CLOVES, PEELED
- 2 TABLESPOONS ORGANIC COLD PRESSED OLIVE OIL
- 2 TABLESPOONS TAHINI
- JUICE OF ½ LEMON
- 2 DROPS LEMON ESSENTIAL OIL
- 1 DROP ROSEMARY ESSENTIAL OIL
- 1 TEASPOON HIMALAYAN SEA SALT



1. BLEND ALL INGREDIENTS IN FOOD PROCESSOR UNTIL SMOOTH.
2. CHILL IN REFRIGERATOR 30 MINUTES AND SERVE WITH SLICED ORGANIC CUCUMBERS, CARROTS, CHERRY TOMATOES, AND CRACKERS.

TIPS: ADD MORE OLIVE OIL OR WATER TO ACHIEVE DESIRED CONSISTENCY

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-ROSEMARY-LEMON-HUMMUS](http://doterra.com/us/en/blog/recipes-rosemary-lemon-hummus)

QUINOA SALAD

SERVINGS: 8-10

PREP TIME: 10 MIN

COOK TIME: 30 MIN

DIFFICULTY: EASY



- ō 1 CUP UNCOOKED QUINOA
- ō 2 CUPS WATER
- ō ½ TEASPOON SALT
- ō 2 MEDIUM TOMATOES, SEEDED AND CUT INTO CHUNKS
- ō 1 RED ONION, DICED
- ō 3 TABLESPOON OLIVE OIL
- ō 1 (15-OUNCE) CAN BLACK BEANS, DRAINED AND RINSED
- ō 1-2 DROPS LIME ESSENTIAL OIL
- ō 2 TABLESPOONS LIME JUICE
- ō 1 DROP CILANTRO ESSENTIAL OIL, OR TO TASTE-OPTIONAL
- ō 1 JALAPEÑO PEPPER, SEEDED AND FINELY CHOPPED
- ō 5 OUNCES QUESO FRESCO OR FRESH MOZZARELLA
- ō SALT AND PEPPER TO TASTE

1. COOK THE QUINOA IN SALT WATER.
2. WHILE THE QUINOA IS COOKING, DICE TOMATOES, PEPPERS, AND RED ONION.
3. MIX THE BLACK BEANS, TOMATOES, RED ONION, CHEESE, JALAPEÑO, ESSENTIAL OILS, LIME JUICE, SALT, PEPPER, AND OLIVE OIL IN LARGE BOWL.
4. WHEN THE QUINOA HAS COOLED, MIX INTO THE BEAN MIXTURE.

TIPS: MIX IN A LITTLE BIT OF BALSAMIC VINEGAR FOR EXTRA FLAVOR.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-QUINOA-SALAD](http://doterra.com/US/en/blog/recipes-quinoa-salad)

KALE CHIPS WITH LEMON ESSENTIAL OIL

SERVINGS: 2

PREP TIME: 10 MINUTES

COOK TIME: 50 MINUTES

DIFFICULTY: EASY

- 1 LARGE BUNCH KALE, WASHED AND TORN INTO BITE-SIZE PIECES
- 2 TABLESPOONS OLIVE OIL
- 2 DROPS DOTERRA LEMON ESSENTIAL OIL
- SALT & PEPPER

1. PREHEAT OVEN TO 200 DEGREES FAHRENHEIT.
2. WASH AND DRY KALE THOROUGHLY.
3. COMBINE OLIVE OIL AND LEMON ESSENTIAL OIL IN LARGE MIXING BOWL.
4. PUT KALE IN BOWL AND TOSS IN OILS.
5. MAKE SURE KALE IS WELL COATED WITH OILS BY MASSAGING EACH PIECE.
6. ONCE COATED, PLACE ON BAKING SHEET IN SINGLE LAYER.
7. SPRINKLE WITH SALT AND PEPPER.
8. BAKE ON THE CENTER RACK FOR 45-50 MINUTES OR UNTIL CRISPY.
9. PLACE IN BOWL AND WATCH THEM DISAPPEAR.



TIPS: WHEN YOU WANT TO REACH FOR AN UNHEALTHY PROCESSED SNACK, COOK UP A BATCH OF OF KALE CHIPS.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-KALE-CHIPS](http://doterra.com/US/en/blog/recipe-kale-chips)

LIME CHICKEN TACOS WITH LIME ESSENTIAL OIL

- CHICKEN
- LIME ESSENTIAL OIL
- WATER
- SALT



1. PLACE CHICKEN IN GALLON-SIZED PLASTIC BAG.
2. FOR EACH POUND OF CHICKEN, ADD 1 TEASPOON OF SALT AND 4 DROPS OF LIME ESSENTIAL OIL. A
3. ADD ENOUGH WATER TO MAKE A LIQUID MARINADE. MARINATE FOR 8 HOURS.
4. GRILL CHICKEN.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-LIME-CHICKEN-TACOS](http://doterra.com/US/en/blog/recipes-lime-chicken-tacos)

FRESH CAPRESE SALAD

SERVINGS: 2

PREP TIME: 5 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- ½ CUP CHERRY TOMATO HALVES
- ¼ CUP MOZZARELLA CHEESE BALL HALVES
- 2-3 TABLESPOONS OLIVE OIL
- 2 TABLESPOONS BALSAMIC VINEGAR
- 1-2 DROP BASIL ESSENTIAL OIL
- MINI WOODEN SKEWERS*
- FRESH BASIL LEAVES FOR GARNISH



1. PLACE TOMATOES AND CHEESE IN BOWL.
2. TOP WITH OLIVE OIL AND BALSAMIC VINEGAR.
3. ADD BASIL ESSENTIAL OIL; STIR AND EAT.

TIPS: NEED A QUICK AND EASY APPETIZER? THREAD TOMATOES AND CHEESE ONTO MINI WOODEN SKEWERS AND DRIZZLE WITH BALSAMIC VINEGAR AND OLIVE OIL MIXTURE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-FRESH-CAPRESE-SALAD](http://doterra.com/US/en/blog/recipe-fresh-caprese-salad)

LEMON AND ORANGE GRANITAS

SERVINGS: 9

PREP TIME: 15 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY



- ō 6 LARGE LEMONS OR 4 MEDIUM ORANGES
- ō SUGAR/HONEY TO TASTE
- ō 4 CUPS WATER
- ō 2-4 DROPS LEMON OR WILD ORANGE ESSENTIAL OIL

1. CLEAN AND WASH FRUIT. CUT OFF THE TOP QUARTER AND SLICE A THIN BEVEL OFF THE BOTTOM OF THE FRUIT, SO THEY STAND UP STRAIGHT.
2. USING A GRAPEFRUIT KNIFE, CAREFULLY REMOVE AND SAVE THE FLESH AND JUICE; BE CAREFUL NOT TO CUT THROUGH THE BOTTOM. STAND THE RINDS ON A PLATE OR COOKIE SHEET AND FREEZE UNTIL SOLID.
3. COMBINE SCOOPED OUT FLESH AND JUICE WITH ESSENTIAL OIL IN A FOOD PROCESSOR OR BLENDER; PULSE UNTIL MOSTLY PUREED THEN PRESS MIXTURE THROUGH A FINE-MESH STRAINER.
4. STIR IN WATER; ADD SUGAR OR HONEY ONE TABLESPOON AT A TIME TO TASTE. POUR MIXTURE INTO LARGE ROASTING PAN OR BAKING DISH, LARGE ENOUGH THAT THE LIQUID ISN'T MORE THAN ONE INCH DEEP.

5. FREEZE FOR 1-3 HOURS. REMOVE MIXTURE FROM FREEZER EVERY HOUR AND SCRAPE WITH TWO FORKS TO BREAK UP ICE.
6. WHEN THE GRANITA IS FROZEN, RAKE UNTIL GLITTERY. SCOOP INTO FROZEN LEMON OR ORANGE SHELLS AND SERVE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-LEMON-AND-ORANGE-GRANITAS](http://doterra.com/US/en/blog/recipes-lemon-and-orange-granitas)

STRAWBERRY ALMOND SALAD WITH RASPBERRY LIME VINAIGRETTE AND LIME ESSENTIAL OIL

PREP TIME: 15 MIN
COOK TIME: 30 MIN
DIFFICULTY: EASY

ō RASPBERRY VINAIGRETTE

INGREDIENTS

- ō 2-4 DROPS LIME ESSENTIAL OIL
- ō 1 PINT FRESH RASPBERRIES
- ō 1 TABLESPOON HONEY
- ō 2 TABLESPOONS DIJON MUSTARD
- ō 2 TABLESPOONS RED WINE

VINEGAR

- ō ¼ CUP OLIVE OIL
- ō STRAWBERRY ALMOND SALAD

INGREDIENTS

- ō 10 OUNCES BABY SPINACH
- ō 1 POUND STRAWBERRIES, CUT IN THICK SLICES
- ō ½ CUP SLICED ALMONDS, TOASTED
- ō ½ CUP FAT FREE FETA CHEESE



1. IN SMALL BOWL, MASH RASPBERRIES.
2. ADD REMAINING VINAIGRETTE INGREDIENTS AND MIX USING WIRE WHISK UNTIL COMBINED.
3. CHILL VINAIGRETTE FOR 30 MINUTES.
4. TOSS SALAD INGREDIENTS WITH RASPBERRY VINAIGRETTE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-STRAWBERRY-ALMOND-SALAD-WITH-RASPBERRY-LIME-VINAIGRETTE](http://doterra.com/US/en/blog/recipes-strawberry-almond-salad-with-raspberry-lime-vinaigrette)

CHICKEN SOUVLAKI AND TZATZIKI CHICKEN SOUVLAKI

- ō 4 PIECES FLATBREAD OR PITAS
- ō 2 TOMATOES, CUT INTO WEDGES
- ō ½ SMALL RED ONION, THINLY SLICED
- ō ¾ CUP FETA CHEESE
- ō ½ TEASPOON DRIED OREGANO
- ō 1½ TEASPOONS DRIED THYME
- ō ¼ TEASPOON BLACK PEPPER
- ō 2½ TEASPOONS RED WINE VINEGAR
- ō 1 TABLESPOON FRESH LEMON JUICE
- ō 5 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- ō 4 BONELESS, SKINLESS CHICKEN BREASTS, CUT INTO PIECES
- ō 1 DROP OREGANO ESSENTIAL OIL

TZATZIKI INGREDIENTS

- ō 16 OUNCES PLAIN GREEK YOGURT
- ō 1 CUCUMBER, GRATED
- ō 4 TO 8 CLOVES GARLIC
- ō 2 TEASPOONS OLIVE OIL
- ō 1 TEASPOON WHITE OR RED WINE VINEGAR
- ō 1 TABLESPOON DILL
- ō SALT, TO TASTE
- ō PEPPER, TO TASTE



1. PEEL AND GRATE CUCUMBER, LET DRAIN 2-3 HOURS.
2. ADD GRATED CUCUMBER AND REMAINING TZATZIKI INGREDIENTS TO BOWL. STIR UNTIL COMBINED AND SET ASIDE.
3. IN A MEDIUM BOWL, COMBINE TOMATOES, ONION, FETA, AND OLIVES.
4. IN SMALL BOWL, COMBINE OREGANO, THYME, PEPPER, 1 ½ TEASPOONS OF VINEGAR, LEMON JUICE, AND OREGANO ESSENTIAL OIL. SLOWLY ADD 4 TABLESPOONS OF EXTRA-VIRGIN OLIVE OIL, WHISKING CONSTANTLY UNTIL INCORPORATED.
5. POUR 2 ½ TABLESPOONS OF VINAIGRETTE OVER TOMATO MIXTURE, TOSS, AND SET ASIDE. ADD CHICKEN TO REMAINING VINAIGRETTE, TOSS, AND SET ASIDE.
6. HEAT REMAINING OIL IN LARGE SKILLET OVER MEDIUM-HIGH HEAT. TRANSFER CHICKEN WITHOUT LIQUID TO SKILLET AND HEAT, TURNING OCCASIONALLY UNTIL COOKED THROUGH, ABOUT 5 MINUTES.
7. PREHEAT OVEN TO 200 DEGREES FAHRENHEIT. WRAP BREAD IN FOIL AND PLACE IN OVEN.
8. ONCE BREAD IS WARM, TOP WITH CHICKEN, TOMATO MIXTURE, AND TZATZIKI SAUCE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-CHICKEN-SOUVLAKI](http://doterra.com/US/en/blog/recipes-chicken-souvlaki)

BASIL SPINACH PESTO

SERVINGS: 45

PREP TIME: 20 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- 6 CUPS SPINACH LEAVES, WASHED THOROUGHLY
- ½ CUP OF WALNUTS
- 2 CLOVES OF GARLIC, PEELED
- 1 TEASPOON SEA SALT
- 1/8 TEASPOON BLACK PEPPER
- ¼ CUP PARMESAN CHEESE
- 1 TABLESPOON LEMON JUICE
- 2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- 1 DROP BASIL ESSENTIAL OIL
- 2 DROPS LEMON ESSENTIAL OIL



1. COMBINE ALL INGREDIENTS IN A FOOD PROCESSOR.
2. MIX UNTIL COMBINED. SCRAPE SIDES TO GET ALL THE SPINACH LEAVES, IF NEEDED.
3. STORE IN AIR TIGHT GLASS JAR.

TIPS: USE ON SANDWICHES, NOODLES, CHICKEN, ETC. IT SMELLS DIVINE!

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-BASIL-SPINACH-PESTO](http://doterra.com/US/en/blog/recipes-basil-spinach-pesto)

STRAWBERRY COCONUT CREAMS

SERVINGS: 10

PREP TIME: 5 MINUTES

COOK TIME: 5 MINUTES

DIFFICULTY: EASY

- 1 POUND STRAWBERRIES
- 1 (5.3 oz.) COCONUT GREEK YOGURT
- 1 DROP doTERRA WILD ORANGE ESSENTIAL OIL
- DESIRED TOPPINGS

MIX GREEK YOGURT WITH ESSENTIAL OIL. HULL STRAWBERRIES AND FILL WITH YOGURT MIXTURE. TOP WITH DESIRED TOPPINGS.

TIPS: TOPPING IDEAS: COCOA NIBS, SLICED ALMONDS, GRANOLA.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/STRAWBERRY-COCONUT-CREAMS](http://doterra.com/US/en/blog/strawberry-coconut-creams)



CARDAMOM MUSTARD CHICKEN WINGS

SERVINGS: 6

PREP TIME: 10 MIN

COOK TIME: 1 HOUR

DIFFICULTY: EASY

SAUCE:

- 4 TABLESPOONS SPICY MUSTARD
- 2 TABLESPOONS OLIVE OIL
- 2 TABLESPOONS BROWN SUGAR
- 3-4 DROPS CARDAMOM ESSENTIAL OIL
- ½ TEASPOON SALT
- ¼ TEASPOON PEPPER

WINGS:

- 1 DOZEN WINGS
- SALT
- PEPPER
- OLIVE OIL TO COAT WINGS



SAUCE DIRECTIONS:

1. MIX ALL INGREDIENTS TOGETHER UNTIL SUGAR DISSOLVES AND SET ASIDE.

WINGS DIRECTIONS:

1. COAT WINGS WITH OIL AND A LITTLE SALT AND PEPPER.
2. BAKE WINGS AT 350 DEGREES FAHRENHEIT FOR ABOUT AN HOUR OR UNTIL WINGS ARE CRISPY. TURN ONCE HALFWAY THROUGH COOKING.
3. PULL THE WINGS OUT AND BASTE WITH SAUCE, COATING EVENLY.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-CARDAMOM-MUSTARD-CHICKEN-WINGS](http://doterra.com/US/en/blog/recipes-cardamom-mustard-chicken-wings)

HOT COCOA doTERRA STYLE

SERVINGS: 3-4

PREP TIME: 2 MINUTES

COOK TIME: 10 MINUTES

DIFFICULTY: EASY

- ō 1 CUP WATER
- ō 5 TEASPOONS COCOA POWDER
- ō 1/4 TEASPOON LIQUID STEVIA OR 1 1/2 TEASPOON POWDERED STEVIA (AMOUNT OF SWEETENER CAN BE ADJUSTED TO TASTE)
- ō 1 TO 2 TABLESPOONS SUGAR OR AGAVE (OPTIONAL)
- ō 1 TEASPOON VANILLA EXTRACT OR 1/4 TEASPOON ALMOND EXTRACT
- ō 3 CUPS ALMOND MILK

HEAT WATER, COCOA POWDER, AND SWEETENER ON STOVE UNTIL INGREDIENTS ARE SMOOTH. ADD VANILLA AND MILK AND BRING TO A SIMMER. POUR INTO YOUR FAVORITE MUG. INTRODUCE FLAVOR BY SWIRLING A TOOTHPICK DIPPED IN YOUR FAVORITE ESSENTIAL OIL.

TIPS: ESSENTIAL OIL FLAVORING OPTIONS: CINNAMON BARK, LAVENDER, WILD ORANGE, OR PEPPERMINT.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-HOT-COCOA](http://doterra.com/US/en/blog/recipe-hot-cocoa)



CITRUS COCONUT POPSICLES WITH LIME ESSENTIAL OIL

SERVINGS: 4

PREP TIME: 5 MIN

COOK TIME: 40 MIN

DIFFICULTY: EASY

- ō 1 CAN FULL-FAT COCONUT MILK
- ō 1 CUP ORANGE JUICE
- ō 1/3 CUP (OR TO TASTE) AGAVE OR SWEETENER OF CHOICE
- ō 1-2 DROPS LIME ESSENTIAL OIL

1. BLEND COCONUT MILK, AGAVE, AND LIME.
2. POUR MIXTURE INTO POPSICLE MOLD, DIVIDING EVENLY.
3. PLACE IN FREEZER FOR 10 MINUTES, THEN TOP WITH ORANGE JUICE.
4. FREEZE AGAIN FOR 30 MINUTES.
5. INSERT POPSICLE STICKS. CONTINUE FREEZING UNTIL FIRM.

TIPS: IF YOU HAVE ANY COCONUT SHAVINGS OR LIME WEDGES ON HAND, THOSE ADD BEAUTIFUL COLOR AND FLAVOR TO THE POPSICLES!

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-CITRUS-COCONUT-SICLES](http://doterra.com/US/en/blog/recipes-citrus-coconut-sicles)



GRILLED PINEAPPLE

SERVINGS: 4-5

PREP TIME: 10 MIN

COOK TIME: 3-5 MIN

DIFFICULTY: EASY

- ½ CUP BROWN OR COCONUT PALM SUGAR
- ½ PINEAPPLE PEELED, CORED, AND CUT
- 1 TEASPOON GROUND CINNAMON OR 1 DROP CINNAMON ESSENTIAL OIL



1. MIX BROWN SUGAR AND CINNAMON TOGETHER IN BOWL. POUR MIXTURE INTO A LARGE ZIPLOCK BAG. PLACE PINEAPPLE PIECES IN BAG AND SHAKE UNTIL FULLY COATED.
2. GRILL 3 TO 5 MINUTES PER SIDE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-GRILLED-PINEAPPLE](http://doterra.com/US/en/blog/recipes-grilled-pineapple)

GRILLED CORN

SERVINGS: 8

PREP TIME: 5 MIN

COOK TIME: 15-20 MIN

DIFFICULTY: EASY

- 8 EARS OF CORN, GRILLED
- 4 TABLESPOONS MELTED BUTTER
- 1 ½ TEASPOONS LEMON PEPPER
- 8 DROPS LIME ESSENTIAL OIL
- ¼ TEASPOON SALT
- ¼ TEASPOON GARLIC POWDER
- ⅛ TEASPOON CAYENNE PEPPER
- ½ BUNCH CILANTRO
- COTIJA CHEESE
- 1 LIME



1. MIX ALL INGREDIENTS AND BRUSH OVER GRILLED CORN.
2. TOP WITH FRESHLY CHOPPED CILANTRO, COTIJA CHEESE, AND A SQUEEZE OF FRESH LIME.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-GRILLED-CORN](http://doterra.com/US/en/blog/recipes-grilled-corn)

COCONUT LEMONGRASS RED LENTIL SOUP

SERVINGS: 15

PREP TIME: 30 MIN

COOK TIME: 1 HOUR

DIFFICULTY: MEDIUM

- ō 2 TABLESPOONS COCONUT OIL
- ō 2 LARGE ONIONS, PEELED AND CHOPPED
- ō 4 CLOVES GARLIC FINELY CHOPPED OR PRESSED
- ō 1 TABLESPOONS FRESH GINGER ROOT, MINCED
- ō 1-2 DROPS LEMONGRASS ESSENTIAL OIL
- ō 4 TABLESPOONS TOMATO PASTE
- ō 4 CARROTS, PEELED AND CHOPPED
- ō 4 TABLESPOONS CURRY POWDER
- ō 1 TEASPOON RED PEPPER FLAKES
- ō 8 CUPS VEGETABLE BROTH
- ō 2 CANS COCONUT MILK
- ō 4 CUPS FRESH TOMATOES, CHOPPED
- ō 3 CUPS DRIED RED LENTILS
- ō 4-6 HANDFULS BABY SPINACH
- ō SALT AND PEPPER TO TASTE



1. HEAT COCONUT OIL OVER MEDIUM HEAT; ADD ONION, GARLIC, AND FRESH GINGER. COOK UNTIL ONION IS TRANSLUCENT THEN ADD CARROTS AND SAUTÉ 5-7 MINUTES.
2. ADD TOMATO PASTE, CURRY POWDER, AND RED PEPPER FLAKES; COOK FOR ANOTHER 1-2 MINUTES STIRRING CONSTANTLY UNTIL ALL VEGETABLES ARE COATED AND FLAVORS COMBINED.
3. ADD VEGETABLE BROTH, COCONUT MILK, DICED TOMATOES, AND LENTILS. COVER AND BRING TO A BOIL ON MEDIUM HIGH HEAT; REDUCE TO SIMMER (LOW HEAT).
4. ADD LEMONGRASS ESSENTIAL OIL AND COOK FOR APPROX. 30 MINUTES UNTIL LENTILS ARE COOKED THROUGH. SEASON WITH SALT AND PEPPER TO TASTE.
5. ADD SPINACH AND STIR UNTIL WILTED.
6. GARNISH WITH 1 TABLESPOON FRESH CHOPPED CILANTRO AND 1 TABLESPOON SOUR CREAM.

TIPS: ADD SOME BROWN SUGAR FOR A SWEETER CURRY TASTE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-COCONUT-LEMON-GRASS-RED-LENTIL-SOUP](http://doterra.com/US/en/blog/recipes-coconut-lemon-grass-red-lentil-soup)

POWER BITES

SERVINGS: 15+

PREP TIME: 5 MINUTES

COOK TIME: 5 MINUTES

DIFFICULTY: EASY

- 1 CUP FINELY SHREDDED COCONUT, DIVIDED
- 1 CUP ALMOND BUTTER
- 1 CUP DRIED CRANBERRIES
- 1/2 CUP RAW HONEY
- 1/2 TEASPOON SALT
- 2 TABLESPOONS CHIA SEEDS
- 3 DROPS WILD ORANGE ESSENTIAL OIL

1. PLACE ALL INGREDIENTS INTO MIXER EXCEPT FOR HALF CUP SHREDDED COCONUT.
2. ADD ESSENTIAL OIL.
3. MIX UNTIL WELL COMBINED.
4. ROLL INTO BALLS AND COAT IN THE OTHER HALF CUP OF SHREDDED COCONUT.
5. PLACE IN THE REFRIGERATOR.

TIPS: EAT WHEN YOU NEED AN EXTRA BOOST OF ENERGY OR BEFORE A WORKOUT.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-POWER-BITES](http://doterra.com/US/en/blog/recipe-power-bites)



WILD TROPICAL SMOOTHIE

SERVINGS: 4

PREP TIME: 5 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- ō 5 DROPS WILD ORANGE ESSENTIAL OIL
- ō 1 CUP FROZEN STRAWBERRIES
- ō 1 CUP FROZEN MANGO
- ō 1 ½ CUP PINEAPPLE JUICE

1. MIX IN A BLENDER; POUR AND ENJOY!

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-WILD-TROPICAL-SMOOTHIE](http://doterra.com/US/en/blog/recipes-wild-tropical-smoothie)



SPRING ROLLS

SERVINGS: 4-6

PREP TIME: 30 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- 12 RICE PAPER WRAPPERS (PREFERABLY THE SMALL CIRCULAR SHEETS)
- 2-3 MEDIUM CARROTS CUT INTO MATCH STICKS OR ¼ INCH STICKS
- ½ CUCUMBER, CUT INTO MATCH STICKS OR ¼ INCH STICKS
- ½ BELL PEPPER (YELLOW, RED, OR ORANGE), THINLY SLICED
- ¼ RED CABBAGE, THINLY SLICED
- ½ CUP BABY SPINACH LEAVES
- ½ CUP ALFALFA SPROUTS
- ¼ CUP CILANTRO LEAVES CHOPPED
- ¼ CUP BASIL LEAVES CHOPPED
- 1 DROP LEMON ESSENTIAL OIL

1. FILL SHALLOW PIE PLATE WITH WARM WATER. DAMPEN KITCHEN TOWEL WITH WATER AND DRY; PLACE ON WORK SURFACE.
2. SUBMERGE ONE RICE WRAPPER INTO WARM WATER FOR A FEW SECONDS OR UNTIL IT BEGINS TO SOFTEN. REMOVE FROM WATER AND PLACE ON TOWEL.
3. SHRED CABBAGE IN BOWL, AND ADD LEMON ESSENTIAL OIL. PLACE ONE SPINACH LEAF AT THE BASE OF THE RICE PAPER CIRCLE. TOP WITH CUCUMBER, CARROT, BELL PEPPER, CABBAGE AND ALFALFA SPROUTS.
4. CAREFULLY WRAP ROLL FROM THE BOTTOM UP, KEEPING AS TIGHT AS POSSIBLE.
5. AFTER ONE COMPLETE ROLL, PLACE SEVERAL CILANTRO AND BASIL LEAVES ON THE WRAPPER. PULL IN SIDES OF THE WRAPPER (LIKE A BURRITO) AND CONTINUE TO WRAP UNTIL ROLL IS SECURE.
6. PLACE ON A VERY LIGHTLY OILED PLATTER AND COVER WITH PLASTIC WRAP; REPEAT WITH REMAINING WRAPPERS.

TIPS: CHOP EVERYTHING AHEAD OF TIME FOR EASY ASSEMBLING.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-SPRING-ROLLS-WITH-PEANUT-SAUCE](http://doterra.com/US/en/blog/recipes-spring-rolls-with-peanut-sauce)

PEANUT SAUCE

SERVINGS: 4-6

PREP TIME: 10 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- 3 FULL TABLESPOONS PEANUT OR ALMOND BUTTER
- 1 TABLESPOON TAMARI, LIQUID AMINO, OR SOY SAUCE
- 2 TABLESPOONS MAPLE SYRUP
- 4 TABLESPOONS WARM WATER
- 1 DROP OF LIME ESSENTIAL OIL
- CHOPPED PEANUTS FOR TOPPING

1. COMBINE ALL INGREDIENTS IN A BLENDER, BLEND UNTIL SMOOTH, ADDING ADDITIONAL WATER IF NEEDED. TOP WITH CHOPPED PEANUTS.

TIPS: MIX YOUR DIPPING SAUCE TOGETHER FIRST AND LET IT SET SO THE FLAVORS CAN MINGLE. IT WILL TASTE MUCH DIFFERENT AFTER A FEW MINUTES. TASTE FOR FLAVOR BEFORE SERVING.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-SPRING-ROLLS-WITH-PEANUT-SAUCE](http://doterra.com/US/en/blog/recipes-spring-rolls-with-peanut-sauce)



RAW RAINBOW SALAD WITH FRESH TOMATO-BASIL DRESSING

SERVINGS: 8

PREP TIME: 10-15 MIN

COOK TIME: 0

DIFFICULTY: MEDIUM



- 2 PLUM TOMATOES
- 2 LARGE CLOVES GARLIC, MINCED
- 2 TBS. CHAMPAGNE VINEGAR
- ½ CUP EXTRA-VIRGIN OLIVE OIL
- 1-3 DROPS BASIL ESSENTIAL OIL
- SALT AND FRESHLY GROUND PEPPER, TO TASTE
- PINCH OF SUGAR (OPTIONAL, TO CUT ACIDITY OF TOMATOES)
- 4 ZUCCHINI
- 4 SUMMER SQUASH
- 8 RADISHES, VERY THINLY SLICED
- 4 SHALLOTS, VERY THINLY SLICED
- 2 CUPS CHERRY TOMATOES, HALVED
- 1½ CUPS SHAVED PARMESAN
- 1 CUP SUNFLOWER SEEDS

1. USING A MINI FOOD PROCESSOR, PUREE THE TOMATO; YOU SHOULD HAVE ABOUT 1/2 CUP. IN A SMALL BOWL, WHISK TOGETHER TOMATO PUREE, MINCED GARLIC, CHAMPAGNE VINEGAR, OLIVE OIL, AND BASIL ESSENTIAL OIL. SEASON TO TASTE WITH SALT AND PEPPER. ADD SUGAR TO TASTE IF DESIRED.
2. TRIM ENDS FROM ZUCCHINI AND SUMMER SQUASHES. USING A SPIRALIZER FITTED WITH THE SMALL SHREDDER BLADE, CUT THE ZUCCHINI AND SQUASH INTO SPAGHETTI-LIKE SPIRAL STRANDS, USING KITCHEN SHEARS TO CUT THE CURLS EVERY 3 OR 4 ROTATIONS.
3. TRANSFER ZUCCHINI AND SQUASHES TO A LARGE BOWL. ADD RADISHES, SHALLOTS AND CHERRY TOMATOES. ADD THE VINAIGRETTE TO TASTE AND TOSS TO EVENLY DISTRIBUTE. TOP WITH PARMESAN SHAVINGS AND SUNFLOWER SEEDS AND SERVE IMMEDIATELY.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-RAW-RAINBOW-SALAD-WITH-FRESH-TOMATO-BASIL-DRESSING](http://doterra.com/US/en/blog/recipe-raw-rainbow-salad-with-fresh-tomato-basil-dressing)

RAW MARINARA SAUCE

SERVINGS: 4-5

PREP TIME: 15 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

INGREDIENTS (A):

- 1 MEDIUM TOMATO
- *LESS THAN 1 DROP OREGANO ESSENTIAL OIL
- *LESS THAN 1 DROP BASIL ESSENTIAL OIL
- *MIX IN ESSENTIAL OILS BY USING A TOOTHPICK UNTIL YOU REACH THE DESIRED FLAVOR.

INGREDIENTS (B):

- 1 MEDIUM TOMATO
- 10 CHERRY TOMATOES
- 1/3-1/4 FRESH RED PAPRIKA
- 3 CLOVES OF GARLIC
- 1 TEASPOON OF HIMALAYAN PINK SALT OR SEA SALT
- 4 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 1-2 PIECES DRIED TOMATOES (NOT THE ONES MARINATED IN OIL AND SALT, JUST SIMPLY SUNDRIED)
- 1/2 TEASPOON OF MIXTURE (A)

PASTA INGREDIENTS

- ZUCCHINIS OF YOUR CHOICE OF COLOR



1. PREPARE THE PASTA BY USING A VEGGIE SPIRAL SLICER.
2. BLEND (A) IN A HIGH SPEED BLENDER VERY WELL. SET ASIDE.
3. BLEND ALL OF (B) IN A HIGH SPEED BLENDER UNTIL CREAMY, AND ADD 1/2 TEASPOON OF (A) AND BLEND AGAIN.
4. POUR SAUCE OVER THE PASTA.

TIPS: MIX IN ESSENTIAL OILS BY USING A TOOTHPICK UNTIL YOU REACH THE DESIRED FLAVOR.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-RAW-MARINARA-SAUCE](http://doterra.com/US/en/blog/recipe-raw-marinara-sauce)

RAW HEALTHIEST BROWNIES

SERVINGS: 5-6

PREP TIME: 10 MIN

COOK TIME: 0 MIN

DIFFICULTY: EASY

- ō 1 CUP PITTED DATES
- ō 2 CUPS SHREDDED COCONUT
- ō 1 TEASPOON OR TABLESPOON RAW MACA POWDER (OPTIONAL) PINCH OF SALT
- ō 1 DROP doTERRA CINNAMON BARK OR WILD ORANGE ESSENTIAL OIL OR BOTH

1. GRIND ALL INGREDIENTS IN A HIGH SPEED FOOD PROCESSOR UNTIL IT TURNS INTO DOUGH.
2. ROLL BETWEEN THE PALMS OF YOUR HANDS INTO A SMALL BALL SHAPE.

TIPS: IF YOU LIKE CHOCOLATE, ADD 1-2 TABLESPOONS RAW COCOA POWDER OR AS MUCH AS YOU LIKE, AND A DROP OF doTERRA PEPPERMINT ESSENTIAL OIL INSTEAD OF CINNAMON.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-RAW-HEALTHIEST-BROWNIE](http://doterra.com/US/en/blog/recipe-raw-healthiest-brownie)



BLUEBERRY WILD ORANGE MUFFINS WITH WILD ORANGE ESSENTIAL OIL

SERVINGS: 12

PREP TIME: 30 MINUTES

COOK TIME: 30-40 MINUTES

DIFFICULTY: EASY



- ō 1/2 CUP BUTTER, SOFTENED
- ō 1/2 CUP HONEY
- ō 3 LARGE EGGS
- ō 1 CUP ORANGE JUICE
- ō 1/2 TEASPOON WILD ORANGE ESSENTIAL
- ō 1 1/2 CUPS FLOUR
- ō 1 1/2 TEASPOONS BAKING POWDER
- ō 1/2 TEASPOON CINNAMON
- ō 1/4 TEASPOON LEMON JUICE
- ō 1 CUP BLUEBERRIES
- ō 1 1/2 CUPS COCONUT

1. PREHEAT OVEN TO 350 DEGREES FAHRENHEIT
2. CREAM TOGETHER BUTTER AND HONEY IN MIXER.
3. ADD EGGS, ORANGE JUICE, AND WILD ORANGE ESSENTIAL OIL AND MIX.
4. ADD DRY INGREDIENTS AND MIX THOROUGHLY.
5. FOLD IN BLUEBERRIES, 1 CUP COCONUT, AND LEMON JUICE.
6. PLACE IN 9X13 CAKE PAN.
7. TOP WITH THE REMAINING 1/2 CUP COCONUT.
8. BAKE 30-40 MINUTES.

TIPS: IF YOU DON'T LIKE COCONUT, TRY REPLACING IT WITH SLIVERED ALMONDS.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE/BLUEBERRY-WILD-ORANGE-MUFFINS](http://doterra.com/US/EN/BLOG/RECIPE/BLUEBERRY-WILD-ORANGE-MUFFINS)

HEALTHY CINNAMON APPLE CAKE WITH CINNAMON ESSENTIAL OIL

SERVINGS: 2 LARGE LOAVES

PREP TIME: 30 MINUTES

COOK TIME: 45 MINUTES TO 1 HOUR

DIFFICULTY: EASY

- 1 1/2 CUPS ALL PURPOSE FLOUR
- 2 1/2 TBSP BAKING POWDER
- 3/4 CUP RAW SUGAR
- 1/2 CUP OLIVE OIL
- 1/2 CUP ORANGE JUICE
- 1/2 CUP WALNUTS
- 2 SMALL APPLES
- GRATED 1 TBSP CINNAMON
- 1 DROP CINNAMON BARK ESSENTIAL OIL

1. PREHEAT OVEN TO 350° F. LIGHTLY COAT YOUR TIN WITH OLIVE OIL.
2. JUICE ORANGE IN BOWL AND SET ASIDE.
3. IN A SEPARATE BOWL, MIX TOGETHER FLOUR, CINNAMON, AND BAKING POWDER. SET ASIDE.
4. GRATE THE APPLES. SET ASIDE.
5. IN A DIFFERENT LARGE BOWL, ADD SUGAR, OLIVE OIL, AND CINNAMON BARK ESSENTIAL OIL. MIX TOGETHER USING A HANDHELD OR FREE-STANDING MIXER.
6. ADD THE FLOUR MIX AND THE ORANGE JUICE TO A BOWL WITH SUGAR AND OIL ALTERNATIVELY AND KEEP MIXING. IT'S OKAY IF THE MIXTURE LOOKS DRY. THE GRATED APPLES WILL PROVIDE ADDITIONAL MOISTURE.
7. ADD THE APPLES AND THE WALNUTS AND FOLD IN GENTLY WITH A SPOON UNTIL JUST COMBINED.
8. POUR THE MIXTURE INTO BAKING DISH AND BAKE FOR 45 MINUTES (OR UNTIL A TOOTHPICK CAN BE INSERTED AND REMOVED CLEAN).
9. SLICE AND ENJOY.



TIPS: YOU CAN DIVIDE THE BATTER UP INTO MINI LOAVES LIKE WE DID, INTO TWO LARGE LOAF PANS, OR INTO MUFFIN TINS. TO DELVE THIS BREAD DEEPER INTO “DESSERT”, ADD SOME GLAZE OR FROSTING.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-APPLE-CAKE](http://doterra.com/us/en/blog/recipe-apple-cake)

RAW AVOCADO CAKE

SERVINGS: 5-6

PREP TIME: 15 MIN

COOK TIME: 0 MIN

DIFFICULTY: MEDIUM



CRUST

- 3-4 PITTED DATES
- ¼ CUP SHREDDED COCONUT
- 1/4-1/3 CUP ALMONDS
- ½-1 TEASPOON WATER
- PINCH OF SEA SALT
- 1 TEASPOON MELTED EXTRA VIRGIN COCONUT OIL
- 1 DROP doTERRA LEMON, LIME, WILD ORANGE, OR GRAPEFRUIT ESSENTIAL OIL

FILLING

- 1 LARGE AVOCADO
- 4 TABLESPOONS AGAVE SYRUP OR 3 TABLESPOONS MAPLE SYRUP
- 3 TABLESPOONS WATER
- 1-1 ½ TEASPOON PURE VANILLA EXTRACT (OPTIONAL)
- 1-2 DROPS doTERRA LEMON, LIME, WILD ORANGE, OR GRAPEFRUIT ESSENTIAL OIL
- 5-6 TABLESPOONS MELTED EXTRA VIRGIN COCONUT OIL

CRUST DIRECTIONS:

1. GRIND FIRST FIVE INGREDIENTS IN FOOD PROCESSOR UNTIL IT TURNS INTO A DOUGH.
2. ADD EXTRA VIRGIN COCONUT OIL AND ESSENTIAL OIL, THEN GRIND INTO A MIXTURE UNTIL IT HOLDS TOGETHER WHEN PRESSED IN YOUR HAND. PRESS INTO THE BOTTOM OF A MINI SPRINGFORM PAN.
3. PUT MIXTURE IN THE FRIDGE WHILE PREPARING THE FILLING.

FILLING DIRECTIONS:

1. BLEND FIRST 5 INGREDIENTS IN A BLENDER UNTIL COMPLETELY SMOOTH AND CREAMY. MAKE SURE TO GIVE IT ENOUGH AIR SO IT BECOMES VERY CREAMY
2. ADD COCONUT OIL AND ESSENTIAL OILS AND BLEND AGAIN
3. TAKE CRUST OUT OF THE FRIDGE AND POUR IN THE FILLING
4. RETURN TO THE FRIDGE AND CHILL UNTIL FIRM (ABOUT 8 HOURS).

TIPS: USE A SPRINGFORM PAN THAT HAS A BOTTOM YOU CAN SEPARATE FROM THE MOLD. PREPARE TWO SETS AND USE ONE BOTTOM TO PRESS THE CRUST EVENLY.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-RAW-AVOCADO-CAKE](http://doterra.com/US/en/blog/recipes-raw-avocado-cake)

PARSLEY-BASIL STEAK WITH BASIL ESSENTIAL OIL

SERVINGS: 2-4

PREP TIME: 15 MIN

COOK TIME: ABOUT 4 HOURS

DIFFICULTY: EASY

- 2 BONELESS STRIP STEAKS, 1 ¼ TO 1 ½ INCHES THICK
- 1 CUP ITALIAN PARSLEY, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 2 TABLESPOONS OLIVE OIL
- 2 DROPS BASIL ESSENTIAL OIL
- SALT, TO TASTE
- PEPPER, FRESHLY GROUND, TO TASTE

1. TRIM EXCESS FAT FROM MEAT.
2. PLACE STEAKS, PARSLEY, GARLIC, OLIVE OIL, AND BASIL ESSENTIAL OIL IN GALLON-SIZED PLASTIC BAG AND MARINATE, 4 HOURS, IN REFRIGERATOR.
3. SEASON STEAK WITH SALT AND PEPPER. GRILL OR BROIL MEAT UNTIL DESIRED DONENESS IS ACHIEVED.

TIPS: FEEL FREE TO EXPERIMENT WITH OTHER ESSENTIAL OILS, SUCH AS ROSEMARY, THYME, MARJORAM, FENNEL, AND LEMON.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-PARSLEY-BASIL-STEAK](http://doterra.com/US/en/blog/recipes-parsley-basil-steak)



MOROCCAN BEEF TAGINE

SERVINGS: 4-6

PREP TIME: 25 MIN

COOK TIME: 4 HOURS

DIFFICULTY: EASY

- 4 TEASPOONS PAPIKA
- 2 TEASPOONS GROUND CINNAMON
- 1½ TEASPOON SALT
- 1 DROP GINGER ESSENTIAL OIL
- 1 TEASPOON CRUSHED RED PEPPER
- ½ TEASPOON FRESHLY GROUND
BLACK PEPPER
- 1 POUND BEEF ROAST
- 1 TABLESPOON OLIVE OIL
- 1 TABLESPOON LOW-SODIUM
CHICKEN BOUILLON
- 1 CAN DICED TOMATOES
- 3 CUPS BUTTERNUT SQUASH,
PEELED AND CHOPPED
- ¼ CUP CILANTRO



1. COMBINE PAPIKA, CINNAMON, SALT, GINGER ESSENTIAL OIL, CRUSHED RED PEPPER, AND BLACK PEPPER IN SMALL BOWL.
2. TRIM FAT FROM ROAST AND CUT INTO 2-INCH CUBES. PLACE BEEF IN MEDIUM BOWL, ADD ½ OF SPICE MIXTURE, AND TOSS UNTIL WELL COATED.
3. HEAT OIL IN MEDIUM SKILLET, BROWN BEEF.
4. PLACE BEEF IN SLOW COOKER. COMBINE 1 QUART WATER AND 1 TABLESPOON LOW-SODIUM CHICKEN BOUILLON AND POUR OVER BEEF.
5. COOK ON LOW HEAT FOR 4 HOURS.
6. STIR IN TOMATOES, SQUASH, AND REMAINING SPICE MIXTURE; CONTINUE COOKING UNTIL SQUASH IS TENDER.
7. SPRINKLE WITH CILANTRO AND SERVE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-MOROCCAN-BEEF-TAGINE](http://doterra.com/US/en/blog/recipes-moroccan-beef-tagine)

ROASTED MARINARA SAUCE

SERVINGS: 6

PREP TIME: 15 MINUTES

COOK TIME: 1-2 HOURS

DIFFICULTY: MEDIUM

- 2 POUNDS ROMA TOMATOES, HALVED
- 1 ONION, SLICED
- 4 GARLIC CLOVES
- OLIVE OIL
- SEA SALT
- PEPPER
- 1 DROP BASIL ESSENTIAL OIL
- 1 TOOTHPICK OREGANO ESSENTIAL OIL



1. PREHEAT OVEN TO 350 DEGREES FAHRENHEIT.
2. PLACE SLICED TOMATOES, ONIONS, AND GARLIC ON BAKING SHEET.
3. ADD A GENEROUS AMOUNT OF SEA SALT, PEPPER, AND OLIVE OIL TO TOP OF TOMATOES AND ONION.
4. COOK FOR 1-2 HOURS OR UNTIL TOMATOES AND ONIONS BEGIN TO DARKEN AROUND THE EDGES.
5. REMOVE FROM OVEN AND TRANSFER TO FOOD
6. PULSE UNTIL SAUCE REACHES YOUR DESIRED CONSISTENCY.
7. ADD BASIL AND OREGANO ESSENTIAL OIL AND STIR.

PROCESSOR OR BLENDER.

TIPS: ENJOY WITH SPAGHETTI SQUASH AND CHICKEN MEATBALLS FOR A DELICIOUS AND HEALTHY MEAL.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-ROASTED-MARINARA-SAUCE](http://doterra.com/US/en/blog/recipe-roasted-marinara-sauce)

ITALIAN BREAD DIP WITH ESSENTIAL OILS

SERVINGS: 1

PREP TIME: 5 MINUTES

COOK TIME: 1 MINUTE

DIFFICULTY: EASY

- ō ¼ CUP OLIVE OIL
- ō 1-3 TABLESPOONS BALSAMIC VINEGAR TO TASTE
- ō ½ TEASPOON ITALIAN SEASONING
- ō 1 TABLESPOON PARMESAN CHEESE (OPTIONAL)
- ō 1-3 DROPS dōTERRA OREGANO ESSENTIAL OIL (START WITH A TOOTHPICK AND PROGRESS TOWARD DROPS FOR DESIRED FLAVOR)

1. GENTLY MIX TOGETHER ALL INGREDIENTS IN A BOWL LARGE ENOUGH TO DIP INTO.
2. DIP FAVORITE ITALIAN STYLE BREAD INTO BOWL AND ENJOY.

TIPS: TRY THIS ITALIAN BREAD DIP AS A COMPLEMENTARY SIDE TO YOUR FAVORITE PASTA DISH.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-ITALIAN-BREAD-DIP-WITH-ESSENTIAL-OILS](http://doterra.com/US/en/blog/recipe-italian-bread-dip-with-essential-oils)



STRAWBERRY ORANGE GRANITA

SERVINGS: 4

PREP TIME: 3 HOURS

DIFFICULTY: MEDIUM

- ō 1 CUP WATER
- ō 1/3 CUP SUGAR
- ō 1/4 CUP FRESH SQUEEZED ORANGE JUICE
- ō 4 DROPS WILD ORANGE ESSENTIAL OIL
- ō 1 LB. SLICED AND HULLED STRAWBERRIES

1. IN A MEDIUM SAUCEPAN, COMBINE SUGAR AND WATER AND COOK OVER MEDIUM HEAT, STIRRING OCCASIONALLY, UNTIL SUGAR IS DISSOLVED. COOL TO ROOM TEMPERATURE.
2. PUREE COOLED WATER AND SUGAR (SIMPLE SYRUP), ORANGE JUICE, WILD ORANGE ESSENTIAL OIL, AND STRAWBERRIES IN A BLENDER.
3. TRANSFER THE STRAWBERRY-ORANGE PUREE TO A 9X13 GLASS PAN. PLACE THE FILLED PAN IN THE FREEZER FOR 30 MINUTES.
4. AFTER 30 MINUTES, REMOVE PAN FROM FREEZER. RAKE THE MIXTURE WITH A FORK TO BREAK UP ANY CRYSTALS THAT HAVE BEGUN TO FORM. RETURN THE PAN TO THE FREEZER.
5. REPEAT EVERY 25-30 MINUTES FOR ABOUT 3 HOURS, UNTIL THE GRANITA IS FROZEN INTO FLAKEY CRYSTALS. COVER AND FREEZE.
6. SERVE, IF DESIRED, WITH A SMALL ORANGE WEDGE, HALF A STRAWBERRY, AND A BASIL LEAF FOR GARNISH.



TIPS: OPTIONAL GARNISHES: ORANGE WEDGES, FRESH STRAWBERRIES, BASIL LEAVES

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-STRAWBERRY-ORANGE-GRANITA](http://doterra.com/US/en/blog/recipes-strawberry-orange-granita)

ITALIAN CHICKEN SOUP WITH OREGANO ESSENTIAL OIL

SERVINGS: 6

PREP TIME: 15

COOK TIME: 30

DIFFICULTY: MEDIUM

- 3 TABLESPOONS FLAKED OREGANO
- 1 TABLESPOON OLIVE OIL
- 1 CHICKEN BREAST
- CHICKEN BOUILLON
- WATER
- 4 STALKS CELERY
- 1 GREEN PEPPER
- 1 PACKAGE DITALINI PASTA
- 4 ROMA TOMATOES
- 1 PINT WHIPPING CREAM
- 2 DROPS OREGANO ESSENTIAL OIL
- ½ TEASPOON SALT
- ½ TEASPOON PEPPER



FOR 1 MINUTE BEFORE SERVING.

1. PLACE 1 TABLESPOON OF OLIVE OIL AND 4 TABLESPOONS OF FLAKED OREGANO IN SMALL SKILLET AND SAUTÉ OVER MEDIUM HEAT FOR APPROXIMATELY 1 MINUTE. SET ASIDE.
2. PLACE CHICKEN, 1 TABLESPOON OF CHICKEN BOUILLON, AND 1 CUP OF WATER IN PRESSURE COOKER. COOK FOR 20 MINUTES ON HIGH. ONCE CHICKEN HAS FINISHED COOKING, SHRED OR DICE CHICKEN.
3. DICE 4 STALKS OF CELERY AND 1 GREEN PEPPER. PLACE CELERY AND GREEN PEPPER IN SMALL SKILLET AND SAUTÉ OVER MEDIUM HEAT FOR APPROXIMATELY 1 MINUTE.
4. PLACE CHICKEN AND CELERY AND GREEN PEPPER MIXTURE BACK INTO PRESSURE COOKER. ADD PASTA.
5. MIX 1 TABLESPOON OF POWDERED CHICKEN BOUILLON WITH 5 CUPS OF WATER AND POUR OVER NOODLES UNTIL COVERED.
6. ADD ½ TEASPOON OF REAL SALT AND ½ TEASPOON COARSE BLACK PEPPER. COOK IN PRESSURE COOKER ON LOW PRESSURE FOR 2 MINUTES.
7. WHEN COMPLETE, ADD 1 PINT OF WHIPPING CREAM, 4 ROMA TOMATOES DICED, THE SAUTÉED OREGANO, AND OREGANO ESSENTIAL OIL. MIX THOROUGHLY AND LET HEAT

TIPS: IF YOU DON'T HAVE A PRESSURE COOKER, USE A SKILLET TO COOK CHICKEN AND VEGETABLES.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-ITALIAN-CHICKEN-SOUP](http://doterra.com/US/en/blog/recipe-italian-chicken-soup)

CILANTRO KALE PESTO DIPPING SAUCE

PREP TIME: 30 MIN

DIFFICULTY: EASY

- 2½ CUPS KALE LEAVES
- 1/3 CUP CILANTRO LEAVES
- 1/3 CUP PEPITAS
- 1 CLOVE GARLIC
- ¾ CUP EXTRA VIRGIN OLIVE OIL
- ¼ TEASPOON SALT
- ⅛ TEASPOON BLACK PEPPER



1. COMBINE ALL INGREDIENTS IN A FOOD PROCESSOR OR BLENDER AND PROCESS UNTIL SMOOTH, SCRAPING THE SIDES AS NECESSARY.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-CILANTRO-KALE-PESTO-DIPPING-SAUCE](http://doterra.com/US/en/blog/recipes-cilantro-kale-pesto-dipping-sauce)

WEST AFRICAN PEANUT SOUP

SERVINGS: 3-4

COOK TIME: 45 MIN

DIFFICULTY: EASY

- 6 CUPS LOW SODIUM VEGETABLE BROTH
- 1 MEDIUM RED ONION, CHOPPED
- 4 CLOVES GARLIC, MINCED
- 1 TEASPOON SALT
- ¾ CUP 100% PURE PEANUT BUTTER (CHUNKY OR SMOOTH)
- ½ CUP TOMATO PASTE OR TOMATO SAUCE*
- HOT SAUCE LIKE SRIRACHA OR CAYENNE PEPPER TO TASTE
- 2 TEASPOONS YELLOW CURRY POWDER
- 1-2 DROPS GINGER ESSENTIAL OIL
- ¼ CUP ROUGHLY CHOPPED PEANUTS FOR GARNISH
- 1 CUP COOKED RICE (BROWN OR WHITE)



1. IN A MEDIUM POT, BRING BROTH TO A BOIL. ADD ONION, GINGER, GARLIC, AND SALT. COOK ON MEDIUM-LOW HEAT FOR 20 MINUTES.

2. IN A MEDIUM-SIZED, HEAT-SAFE MIXING BOWL, COMBINE PEANUT BUTTER AND TOMATO PASTE, THEN TRANSFER 1 TO 2 CUPS OF THE HOT STOCK TO THE BOWL. WHISK THE MIXTURE TOGETHER UNTIL SMOOTH, THEN POUR THE PEANUT MIXTURE BACK INTO THE SOUP AND MIX WELL. SEASON THE SOUP WITH HOT SAUCE TO TASTE. ADD CURRY POWDER AND ESSENTIAL OIL. SIMMER FOR ABOUT 20-30 MINUTES ON MEDIUM-LOW HEAT, STIRRING OFTEN.

3. SERVE OVER COOKED RICE IF YOU'D LIKE AND TOP WITH A SPRINKLE OF CHOPPED PEANUTS.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-WEST-AFRICAN-PEANUT-SOUP](http://doterra.com/US/en/blog/recipes-west-african-peanut-soup)

ROSEMARY MASHED POTATOES WITH ROSEMARY ESSENTIAL OIL

SERVINGS: 4-6

PREP TIME: 15 MIN

COOK TIME: 30 MIN

DIFFICULTY: EASY

- 4 MEDIUM YUKON GOLD POTATOES
- 2 TABLESPOONS BUTTER
- 2 TABLESPOONS OIL
- 1 SMALL RED ONION, CHOPPED
- 2 CLOVES GARLIC, MINCED
- 2 DROPS ROSEMARY ESSENTIAL OIL
- ½ CUP MILK
- SALT, TO TASTE
- PEPPER, TO TASTE

1. PLACE POTATOES IN POT WITH ENOUGH SALTED WATER TO COVER. COOK 30 MINUTES OR UNTIL TENDER AND DRAIN.
2. ADD BUTTER TO POTATOES AND SET ASIDE.
3. ADD OIL, GARLIC, AND ONIONS TO SKILLET AND COOK UNTIL TENDER.
4. MASH POTATOES WITH ONION MIXTURE, MILK, ROSEMARY ESSENTIAL OIL, AND SALT AND PEPPER TO TASTE.



TIPS: ADD MORE BUTTER FOR ADDITIONAL FLAVOR.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-ROSEMARY-MASHED-POTATOES](http://doterra.com/US/en/blog/recipes-rosemary-mashed-potatoes)

TRIMSHAKE FUDGESICLE WITH doTERRA SLIM & SASSY CHOCOLATE TRIMSHAKE

SERVINGS: 8

PREP TIME: 10 MINUTES

COOK TIME: 8 HOURS

DIFFICULTY: EASY

- 1 14-OUNCE CAN COCONUT MILK
- 1 TEASPOON VANILLA
- 2 TABLESPOONS HONEY
- 3 TABLESPOONS BAKING COCOA
- 3 SCOOPS CHOCOLATE doTERRA TRIMSHAKE



1. IN LARGE BOWL, COMBINE ALL INGREDIENTS.
2. BEAT UNTIL SMOOTH.
3. POUR IN POPSICLE MOLDS AND INSERT POPSICLE STICKS IN MIDDLE.
4. PLACE IN FREEZER OVERNIGHT.

TIPS: PLACE YOUR POPSICLE MOLD UNDER WARM WATER FOR A FEW SECONDS TO HELP THE FUDGESICLES COME OUT MORE EASILY.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPE-TRIMSHAKE-FUDGESICLES](http://doterra.com/US/en/blog/recipe-trimshake-fudgesicles)

CINNAMON SPICE SALAD DRESSING

SERVINGS: 6

PREP TIME: 5 MINS

COOK TIME: 0 MINS

DIFFICULTY: EASY

- ¼ CUP OLIVE OIL
- 2 TABLESPOONS RAW APPLE CIDER VINEGAR
- 2 DROPS CINNAMON BARK ESSENTIAL OIL
- 1 DROP CLOVE ESSENTIAL OIL
- ⅛ TEASPOON FRESH GROUND NUTMEG
- 1 SMALL GARLIC CLOVE FINELY MINCED
- ¼ TEASPOON GRAY SALT OR SEA SALT
- ⅛ TEASPOON FRESH GROUND PEPPER



1. MIX ALL INGREDIENTS AND PLACE IN JAR.

TIPS: SERVE ON BED OF BABY SPINACH LEAVES.

TOSS WITH THINLY SLICED APPLES, TWO DROPS OF LEMON ESSENTIAL OIL, AND TOP WITH TOASTED PINE NUTS AND CRUMBLED GOAT CHEESE.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-CINNAMON-SPICE-SALAD-DRESSING](http://doterra.com/US/en/blog/recipes-cinnamon-spice-salad-dressing)

WINTER WHITE HOT CHOCOLATE

- 1½ CUPS ALMOND MILK
- ½ CUP CANNED PUMPKIN PUREE
- ½ TEASPOON PUMPKIN PIE SPICE
- 1-2 DROPS CLOVE ESSENTIAL OIL
- 1-2 DROPS CINNAMON BARK ESSENTIAL OIL
- ½ TEASPOON VANILLA
- PINCH OF SEA SALT, OPTIONAL
- 2-3 OUNCES ROUGHLY CHOPPED WHITE CHOCOLATE



1. IN SMALL SAUCE PAN OVER MEDIUM HEAT, COMBINE MILK, PUMPKIN, AND SPICES.
2. STIR CONSTANTLY UNTIL JUST SIMMERING.
3. REMOVE FROM HEAT AND ADD CHOCOLATE; RESERVE SOME FOR GARNISH.
4. JUST BEFORE SERVING, TOP EACH MUG WITH WHIPPED CREAM, WHITE CHOCOLATE SHAVINGS, AND SPRINKLE PUMPKIN PIE SPICE OR CINNAMON. SERVE IMMEDIATELY.

- SEE MORE AT: [HTTP://DOTERRA.COM/US/EN/BLOG/RECIPES-WINTER-WHITE-HOT-CHOCOLATE](http://doterra.com/US/en/blog/recipes-winter-white-hot-chocolate)