



**Easy Recipe
Ideas For
Workshops**

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Hommus

Ingredients:

1 can organic chick peas (or dried chick peas soaked overnight)
½ fresh lemon
1 tsp Himalayan salt
1 clove garlic
water / oil
5 drops dōTERRA Lemon oil

Method:

- ◆ Juice one lemon
- ◆ Add drained chick peas, lemon juice and salt into blender
- ◆ Blitz until smooth
- ◆ Add essential oils and olive/avocado oil or water to reach desired consistency



Guacamole

Ingredients:

1 ripe avocado
(optional coriander leaves)
pinch Himalayan salt
2 drops (or more from small sample bottle)
dōTERRA Lemon or Lime oil

Method:

- ◆ Smash avocado with a fork
- ◆ Add oils and any fresh herbs
- ◆ Serve with chips and/or crunchy raw veggies



Raw Chocolates

Ingredients:

- ⅓ cup raw cacao
- ½ cup melted coconut oil
- ¼ cup maple syrup
- Pinch Himalayan salt
- Pinch cayenne pepper
- ½ tsp vanilla extract
- ½ tsp cinnamon
- 8 drops dōTERRA wild orange oil
- *optional 1 tbsp melted raw cacao butter

Method:

- ◆ Sift cacao into bowl
- ◆ Add remaining ingredients
- ◆ Whisk with a metal whisk
- ◆ Pour into moulds
- ◆ Refrigerate

Alternative flavourings:

- ◆ Wild orange & fig
- ◆ Cardamom & Black Pepper
- ◆ Almond & Cinnamon
- ◆ Peppermint
- ◆ Peppermint & Wild Orange
- ◆ Tangerine
- ◆ Lavender & hazelnut
- ◆ Spearmint
- ◆ Lime, Cinnamon & Black Pepper



Peppermint Slice

Base

½ cup almonds

½ cup walnuts

¾ cup medjool dates

2 tbsp raw cacao powder

Pinch Himalayan rock salt

- ◆ Blitz nuts in food processor
- ◆ Add remaining ingredients and continue to process until a dough forms
- ◆ Press firmly into a lined baking tray ensuring it is as flat as possible
- ◆ Place in freezer

Mint layer

½ cup coconut oil

2 tbsp pure maple syrup

2 drops (or more) dōTERRA Peppermint oil

- ◆ Gently melt coconut oil
- ◆ Add syrup and essential oil
- ◆ Pour mixture over base
- ◆ Return to freezer

Chocolate topping

½ cup raw cacao

½ cup coconut oil

40-60ml maple syrup

- ◆ Gently melt coconut oil
- ◆ Add sifted cacao powder
- ◆ Add syrup
- ◆ Whisk with metallic whisk
- ◆ Pour over layers and return to freezer for 20 mins minimum
- ◆ Cut into squares and serve!



Peppermint fudge

Ingredients:

250g raw (ideally activated) cashews

50g desiccated coconut or coconut flakes

¼ cup maple syrup

*optional ½ tsp Maca Powder

(check for good quality, original Peruvian)

10 drops (or more) dōTERRA peppermint oil

Method:

- ◆ Blitz all ingredients in the food processor until it is fine and starts to stick together
- ◆ Scrape down sides of processor as often as necessary to ensure each part is combined
- ◆ Press down into a lined baking tray
- ◆ Score into cubes and cover with baking paper
- ◆ Cool and store in freezer



Raw Jaffa Balls

Ingredients:

1 cup desiccated coconut
10 organic medjool dates, seeds removed
¼ cup raw cashews
4 tablespoon raw cacao powder
1 tsp* melted coconut oil
5 drops (or more) dōTERRA Wild Orange oil

Method:

- ◆ Remove seeds from dates
- ◆ Blitz cashews in food processor
- ◆ Add dates into processor
- ◆ Add raw cacao
- ◆ Add desiccated coconut
- ◆ Add dash of coconut oil if further moisture is required
- ◆ Remove contents from food processor and place in a metallic or glass bowl
- ◆ Add dōTERRA Wild Orange essential oil and knead mixture
- ◆ Roll into balls



Cranberry MocktOil

Ingredients:

- 1/3 bag of ice
- 1 fresh lime cut into wedges
- 2L cranberry juice
- 2L sparkling spring water
- 12 drops dōTERRA Lime oil

Method:

- ◆ Pour all ingredients into a suitable glass or ceramic jug or drinks dispenser
- ◆ Enjoy!



Immunity Apples

Ingredients:

- Apples (crisp apples such as Pink Lady work best)
- A bowl of filtered water
- 1 drop dōTERRA On Guard oil blend

Method:

- ◆ Add the apples to the bowl, drop in the essential oil and stir
- ◆ You can add an extra drop or two if you like it strong!
- ◆ Soak from 30 mins—2 hours
- ◆ Drain and serve



Peppermint Chocolate Bliss Balls

Ingredients:

1 cup almonds
2 cups organic medjool dates, seeds removed
¼ cup raw cacao powder
2 tbsp* melted coconut oil
4 drops (or more) dōTERRA Peppermint oil

Method:

- ◆ Remove seeds from dates
- ◆ Blitz almonds in food processor
- ◆ Add dates into processor
- ◆ Add raw cacao powder
- ◆ Add coconut oil until the mixture combines
- ◆ Remove from food processor and place in metal, ceramic or glass bowl
- ◆ Add peppermint essential oil and knead through
- ◆ Roll into balls
- ◆ Coat in desiccated coconut
- ◆ Set in the fridge



Wild Orange Dip

Ingredients:

250g plain yoghurt

1 tsp vanilla bean paste

3 drops (or more from small sample bottle) dōTERRA Wild Orange oil

Strawberries and blueberries
(cocktail sticks for serving)

Method:

- ◆ Mix yoghurt, vanilla and oil together in a ceramic bowl
- ◆ Chop berries
- ◆ Dip and enjoy!

Optional

Serve with raw chocolate dip
(see raw chocolate recipe but do not refrigerate)



Tropical Sorbet

Ingredients:

2 frozen mango cheeks

3 drops dōTERRA wild orange oil

Method:

- ◆ Chop mango into smaller chunks
- ◆ Blitz in thermomix (or commercial blender) until smooth
- ◆ Serve!



Lemon Cheesecake

Base

1 cup almonds

1 cup walnuts

1½ cups medjool dates

- ◆ Blitz nuts in food processor
- ◆ Add remaining ingredients and continue to process until a dough forms
- ◆ Press firmly into a lined baking tray ensuring it is as flat as possible
- ◆ Place in freezer

Filling

1½ cups raw cashews soaked for at least 4-6 hours

Juice of 1 lemon

⅓ cup coconut oil, melted

155ml coconut cream

½ cup maple syrup

10 drops (or more) dōTERRA lemon oil

- ◆ Blend in food processor / blender until smooth and creamy
- ◆ Pour over chilled bases
- ◆ Set in fridge (ideally overnight)



Raw Heirloom Tomato Salad

Ingredients:

As many tomatoes as you like!
3 tbsp macadamia oil
1 tbsp extra virgin olive oil
1 tbsp balsamic vinegar
Juice of ½ lemon
½ tsp Dijon mustard
½ tsp raw honey
½ tsp sesame oil
1 drop of dōTERRA black pepper oil
(optional)
2 drops of dōTERRA lemon oil
3 drops dōTERRA wild orange oil



Method:

- ◆ Wash and slice tomatoes
- ◆ Mix dressing ingredients together
- ◆ Pour over tomatoes

Lemon Water

Ingredients:

Filtered water
Ice
Lemon slices
dōTERRA lemon oil

Method:

- ◆ Pour all ingredients into a suitable glass or ceramic jug or drinks dispenser
- ◆ Enjoy!



Almond Hummus

2 ½ cups almonds, soaked
1 clove garlic (medium – large size)
1 orange, juiced (1/4 cup juice and pulp)
1 ½ tbsp apple cider vinegar
2 tsp hulled tahini
1 – 2 tbsp extra virgin olive oil
1 toothpick dip of Cumin essential oil
7 drops Lemon essential oil
2 drops Black Pepper essential oil (to taste)
3/4 tsp salt (good quality sea salt / Himalayan salt)
1/2 cup water – as needed, slowly add to smooth out the hummus to your desired texture.

Method

- ◆ Blitz almonds.
- ◆ Add remaining ingredients except the water and blitz.
- ◆ Add water to achieve your desired consistency.
- ◆ Serve with raw vegetables, crackers and sourdough bread.



Warm Spice & Citrus Bliss Balls

- 1 cup pepitas
- 1 cup sunflower seeds
- 1/3 cup hemp seeds
- 1/2 cup cacao powder (see suggestion below)
- 1 tbsp coconut oil, softened
- 20 organic dry apricots
- 4 soft medjool dates, pits removed
- 10 drops Wild Orange essential oil
- 6 drops Ginger essential oil
- 3 drops Cassia essential oil

Suggestion: you might like to split the batch if you like, with 1/2 cacao and 1/2 without (go with what you and your family/friends love. If you are going with, this add 1/8 cup cacao powder.

Method

- ◆ Blitz nuts first to a chunky texture in a food processor or Thermomix.
- ◆ Then add remaining ingredients.
- ◆ Blend on medium speed until combined.
- ◆ Roll them into balls and desiccated coconut and refrigerate.
- ◆ Makes 30 medium balls.



dōTERRA essential oils most commonly recommended in cooking:

- ◆ Basil
- ◆ Bergamot
- ◆ Black Pepper
- ◆ Cardamom
- ◆ Cassia
- ◆ Cilantro
- ◆ Cinnamon
- ◆ Clove
- ◆ Coriander
- ◆ Cumin
- ◆ Dill
- ◆ Fennel
- ◆ Ginger
- ◆ Grapefruit
- ◆ Juniper berry
- ◆ Lavender
- ◆ Lemon
- ◆ Lemongrass
- ◆ Lime
- ◆ Marjoram
- ◆ Oregano
- ◆ Peppermint
- ◆ Rosemary
- ◆ Spearmint
- ◆ Tangerine
- ◆ Thyme
- ◆ Wild orange

CAUTIONS

Possible skin sensitivity with some of the oils. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Some oils (citrus) may increase sensitivity to sunlight.

NOTE:

This information is to be used with dōTERRA Essential Oils only as you may not achieve the same results using another brand.

dōTERRA are the only oils tested 40 times or more to ensure purity and potency. They are chemically different to other brands, due to the growing conditions, harvesting and extraction processes.

For more information contact:

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