



Essential Oils

for Cooking



Essential Oils For Cooking

Contents of Essential Oils for Cooking.

Measurements	4
Which Oils Can I Use Where?	5
Why dōTERRA?	6
Tips for baking with essential oils	6
Recipes Using Essential Oils	7
Whole Wheat Tangerine Lemon Muffins	7
Lemon and garlic Hummus	8
Coconut Chia Seed Pudding	9
Winter White Hot Chocolate	9
Basil Spinach Pesto	10
Bergamot Shortbread Cookies	10
Green Mandarin Parfait	11
French Cucumber Salad with Marjoram	11
Crispy Baked Fries with Rosemary Essential Oil	12
Potato Soup With Black Pepper and Celery Seed Essential Oils	13
Lime and Lemongrass Chicken	14
Pink Pepper and Lime Fajitas	14
Banana Bread With Cardamom and Cinnamon	15
Carrot and Ginger Spiced Soup with Coriander & Wild Orange Oil ..	16
Oregano Chicken Soup	17
Sweet and Sour Meatballs with Thyme and Rosemary Oil	18
Spearmint Chocolate Chip Cookies	19
Peppermint Chocolates	20
Grapefruit Cupcakes	21
Cooking with dōTERRA Fennel	22
CILANTRO LIME GUACAMOLE	22
GLUTEN-FREE BANANA FLAXSEED & TAHINI BREAD WITH DOTERRA CASSIA, CINNAMON, AND CLOVE ESSENTIAL OILS	24
Lavender Vanilla Butter cream Frosting	26
Essential oil Shot Glass Recipes	27

Where are the Essential Oils used in a recipe?

Basil.....	10
Bergamot	10
Black Pepper	13, 16
Cardamon	15
Cassia	24
Cilantro	22
Cinnamon.....	9, 15, 24
Clove	9, 24
Celery Seed	13
Coriander	16
Fennel	22
Ginger	16
Grapefruit	21
Green Mandarin.....	11
Lavender	26
Lemon	7, 8, 10, 11
Lemongrass.....	14
Lime	14, 22
Marjoram	11
Oregano	17
Peppermint	20
Pink Pepper.....	14
Rosemary	12, 18
Spearmint.....	19
Tangerine	7
Thyme	18
Wild Orange	16

Essential Oils for cooking



measurements are equivalent to one drop



= 1 tsp



= 1 tsp



= 1 tsp



= 2 tbsp



= 2 tbsp



= 1 tsp



= 1 tbsp
of fresh



= 2 tsp



= 1 tsp



= 1 tbsp



= 1 tsp



= 1 tsp of
zest



= 1 tsp of
zest



= 3 tsp



= 1 tsp
zest



= 1 tsp



= 2 tsp



= 1/2 tsp
extract



= 1 tsp



= 1 tsp



= 1 tsp
zest

Which Oils Can I Use Where?

Essential Oil	Meat	Chicken	Fish	Eggs	Cheese	Vegetables	Rice	Pasta	Desserts	Pastries	Bread	cakes	Sorbets	Ice Cream	Fruit	Dressings
Basil	○	○	○	.	.	○	○	○
Bergamot	.	○	○	.	.	.	○	○	.	.
Black Pepper	○	○	○	○	.	○	○	○	.	.	○	.	.	.	○	○
Cardamon	○	○	○	○	.	○	○	.	○	○	○	○	○	○	○	○
Cassia	.	.	○	.	○	○	○	○	○	○	○	○	.	○	○	○
Cilantro	○	○	.	.	.	○	.	○
Cinnamon	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Clove	○	○	○	○	○	○	○	○	○	○
Celery Seed	○	.	○	.	.	○	○
Coriander	○	○	.	.	.	○	.	○
Fennel	.	.	○	.	.	○	○	○	○	○	○	○	.	.	○	○
Ginger	○	○	.	○	○	○	○	○	○	○	○	○
Grapefruit	.	.	.	○	.	○	○	○	○	○	.	.	○	○	.	○
Green Mandarin	○	.	.	○	○	.	○	○	○	○	○
Lavender	.	○	○	○	○	.	○	○	○	○	○	○	○	○	○	.
Lemon	○	○	○	.	○	○	○	○	○	.	○	○	○	○	○	○
Lemongrass	.	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Lime	○	○	○	.	.	○	○	○	○	○	○	○	○	○	○	○
Marjoram	○	○	○	○	○
Oregano	○	○	○	○	○	○	○	○	.	.	○	○
Peppermint	○	.	.	○	○	.	○	○	○	○	.
Pink Pepper	○	○	○	○	.	○	○	○	.	.	○	.	.	.	○	○
Rosemary	○	○	○	.	○	○	○	.	.	○	○
Spearmint	○	.	.	○	○	.	○	○	○	○	.
Tangerine	○	○	○	.	.	.	○	○	○	○	○	○	○	○	○	○
Thyme	○	○	○	.	.	○	○	○	○
Wild Orange	○	○	○	○	.	.	○	○	○	○	○	○	○	○	○	○

This chart shows where oils can be used for flavouring. The previous page shows the measurements for each of the oils. Using both of these charts it gives you an idea of how much to use.

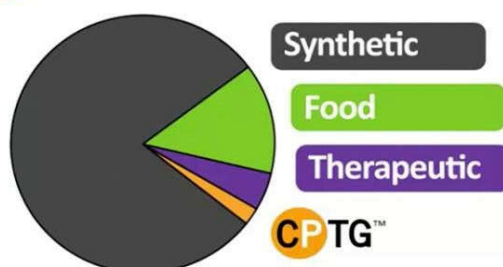
If you are not sure, use less as you can add more, but you cannot remove it once added. For instance using oregano use a toothpick and add very little at a time. Keep doing this until the flavour level is right. It takes a bit of experimentation to arrive at the correct level for your own palate, but once there the flavours are incredible.

Why DoTerra oils?

If you look at this pie chart you'll notice that most of the essential oils on the market today are actually synthetic. This is what you find in perfumes, lotions, etc. Then it's the kind found in our food we eat. Therapeutic Grade are typically of high quality but there is no certification to insure this.

The founders of DoTerra once worked at the largest essential oil company in the world. They felt there needed to be a new standard in essential oil excellence. So they created a Certified Pure Therapeutic Grade Oil (CPTG).

CPTG Certified Pure Therapeutic Grade



Grades of Essential Oil

Every liter of oil from DoTerra undergoes multiple 3rd party testing to insure that it is absolutely pure. This gives you a guarantee that each bottle will be as pure as the last.

GINGER

CLOVE

CINNAMON BARK

LEMON

PEPPERMINT

Tips For Baking With Essential Oils

LIME

1. Use a glass or ceramic bowl when mixing ingredients. Some oils may ruin certain types of plastic.

2. Always keep essential oils in dark containers, away from heat, light, and humidity. They may be stored in the fridge.

3. Essential oils have a longer shelf life than herbs and spices. While oils are more costly than herbs and spices, they last a lot longer and are more cost effective.

4. A little goes a long way. Add one drop, stir, and taste. Continue this until you reach the desired taste.

5. Drop the oil onto a spoon before adding to the mixture. This will ensure that you have the proper amount.

ON GUARD

LAVENDER

WILD ORANGE

ROSEMARY



Source: Winter 2014 Living Magazine

WHOLE WHEAT TANGERINE LEMON MUFFINS

1/2 cup sugar
1 cup plain nonfat Greek yogurt
1/3 cup coconut oil
1 large egg
1 teaspoon vanilla extract
2 cups whole-wheat flour
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1/4 teaspoon salt
3-6 drops of Lemon oil
3-6 drops of Tangerine oil
(optional) 1/2 cup of granola
or walnuts

1. Preheat oven to 350°F. Coat 12 large (1/2-cup) muffin cups with cooking spray, or line with paper liners.
2. Combine the Lemon, Tangerine, and sugar; mix together in a medium bowl.
3. Add yogurt, coconut oil, egg, and vanilla. Pulse/Mix until blended together.
4. Combine whole-wheat flour, baking powder, baking soda, and salt in a large bowl. Add in yogurt mixture and blend or mix until it has reached a liquid form.
5. Bake the muffins until the edges and tops are golden, 15 to 20 minutes. Let cool in the pan for five minutes before turning out onto a wire rack. Serve warm and enjoy!



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Sunsational Flavors



Lemon & Garlic Hummus

Ingredients

- (15 ounce) cans garbanzo beans
- 1 tablespoon sesame oil
- 3 to 5 drops Lemon Essential Oil
- 1 garlic clove, pressed
- 1 teaspoon ground cumin
- salt and pepper



Instructions:

Drain garbanzo beans, reserving the liquid.

Place garbanzo beans, sesame oil, lemon oil, garlic, and cumin in food processor. Pulse until smooth. Add the reserved liquid a little at a time, pulsing between each addition until your hummus has reach the desired consistency.

Adjust taste with salt and pepper. *Enjoy with some warm pita bread!*

COCONUT CHIA SEED PUDDING



INGREDIENTS

- ½ cup chia seeds
- 1 ½ cups coconut milk or milk of choice
- 2 tablespoons pure maple syrup
- 1 teaspoon vanilla extract
- 1 drop favorite dōTERRA essential oil (optional)

Combine all ingredients in container. Stir to combine. Place in refrigerator to set for 1-2 hours. Stir before serving. If pudding is too thick, add more milk. Top with fruit of choice.

WINTER WHITE HOT CHOCOLATE

SUBMITTED BY: Jennifer Manganello, Nevada

INGREDIENTS

- 1½ cups almond milk
- ½ cup canned pumpkin puree
- ½ teaspoon pumpkin pie spice
- 1-2 drops Clove essential oil
- 1-2 drops Cinnamon essential oil
- ½ teaspoon vanilla
- Pinch of sea salt, optional
- 2-3 ounces roughly chopped white chocolate

DIRECTIONS:

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.



Basil Spinach Pesto



Total Time: 20 minutes

Submitted by Amy Kolan, Tennessee

"Use on sandwiches, noodles, chicken, etc. It smells divine!"

Ingredients:

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](#)

Directions:

1. Combine all ingredients in a food processor.
2. Mix until combined. Scrape sides to get all the spinach leaves, if needed. Store in air tight glass jar.



Bergamot Shortbread Cookies

40 minutes · Makes 24 cookies · Add a twist to your next batch of easy shortbread cookies with Bergamot oil and dried rosemary

7 ingredients

Produce

1/2 tsp Rosemary, finely ground dried

Baking & spices

2 cups Flour

1 tsp Sea salt

1 tbsp Turbinado sugar

Oils & vinegars

5 drops Bergamot oil

Dairy

2 sticks Butter, unsalted

Other

½ cup and 2 tablespoons powdered sugar

Green Mandarin Parfait

They say breakfast is the most important meal of the day, so why not start it with an added extra citrus burst. This Green Mandarin Parfait recipe created by [@additivefreelifestyle](#) ticks every box for a good breakfast in our eyes.

Servings: 4

Ingredients:

- 500g Vanilla Coconut Yoghurt
- 4 drops [Green Mandarin essential oil](#)
- 500g Granola
- Berries of choice to serve



Instructions:

1. Mix yoghurt and essential oil together until combined.
2. Layer in the following order - yoghurt, granola, berries, yoghurt. Top with fresh berries to serve.

French Cucumber Salad

Ingredients:

- 1 whole avocado diced
 - 1 tomato, diced
 - 1/2 red onion, sliced
 - 1/2 cucumber, diced
 - 1 tbs olive oil
 - 1 tsp salt
 - 1 tbs lemon juice, fresh squeezed
 - 1 drop Lemon essential oil
- 1 toothpick [Marjoram essential oil](#)

Instructions:

1. Add avocado and tomato to bowl.
 2. Add the red onion and the cucumber.
 3. Pour olive oil into bowl. Mix in 1 toothpick of Marjoram and 1 drop Lemon oil
 4. Add lemon juice.
 5. Finish it off with salt.
- Mix the ingredients and serve immediately. Tastes even better when eaten al fresco.



Crispy Baked Fries with Rosemary Essential Oil

Servings: 4

Prep Time: 25 minutes

Cook Time: 25 to 35 minutes

Difficulty: Easy



Ingredients:

3 large russet potatoes (roughly peeled and cut into even wedges or thin strips)

2–3 Tbsp of olive oil to lightly coat the pan

1 drop of Rosemary essential oil

1 Tbsp of olive oil (to coat the fries)

Sea salt and pepper (to taste)

1 large handful fresh rosemary

2–3 cloves of fresh garlic (minced)

Instructions:

1. Preheat the oven to 245° C (475 Fahrenheit).

2. Place the potato wedges in hot water to soak for 15 minutes.

3. Drain the water and dry the potatoes thoroughly with paper towels, or a clean dishtowel.

4. Put the potato wedges in a bowl and drizzle them with one-tablespoon of olive oil with a drop of Rosemary essential oil. Add salt, pepper and then toss the ingredients together to combine the flavours.

5. Lightly coat a rimmed baking tray with oil and drain away any excess. Transfer the wedges to the baking tray and arrange them in flat single rows to cover the breadth of the tray. Do not let the wedges lie on top of each other or they will not cook evenly.

6. Cover the tray with foil and bake the wedges for 5 minutes. Then remove the foil from the tray and bake the wedges for a further 15 minutes.

7. Remove the tray from oven and turn the individual wedges over using a spatula. If the wedges are sticking to the tray, gently use the spatula to push the wedge around until it loosens from the sheet.

8. Make sure to keep the wedges in flat single rows to ensure they are baked evenly. Place the wedges back in oven to cook for 5 minutes.

9. Remove the wedges from the oven and repeat steps 7–8 to cook the wedges for a final 5–10 minutes until they are golden brown and crispy.

10. When cooked, remove the tray from the oven and transfer the fries into a large bowl.

Season the fries with additional salt to taste. Add the minced garlic and fresh rosemary while the fries are still hot. Toss the fries once more and serve them immediately.

Potato Soup With Black Pepper and Celery Seed Essential Oils

Prep time: 00:20

Cook time: 00:25

Servings: 4

Main Ingredients

6 chopped medium sized potatoes (chop into
inch cubes)

120g chopped onion

600ml chicken stock

2 drops black pepper

3 drops celery seed

90g butter

60g flour

240ml milk

¼ tsp salt

shredded cheddar cheese



Recipe Steps

1. Sauté onion and in pan you are going to cook soup in (using 30g butter).
2. Add chicken stock and potatoes, cook for about 15 minutes until tender.
3. DO NOT DRAIN.
4. Mash a very SMALL amount, this will help thicken.
5. Melt remaining butter in microwave in 4 cup measuring cup for 30 sec (covered).
6. Add 4 Tbsp flour & stir with fork.
7. Slowly add 1 cup milk and 1/2 cup liquid from potatoes, stirring as you add with fork.
8. Microwave for 1 minute, then stir & continue microwaving for a minute intervals until thick.
9. Add to soup and stir.
10. Heat & add about 1/4 tsp salt and black pepper and celery seed oil.
11. Serve, topped with Cheddar Cheese and Crackers.

Lime and Lemongrass Chicken

6 to 8 servings

INGREDIENTS

1 kilogram chicken nibbles or chicken wings

2 tablespoons raw/organic honey

2 tablespoons coconut aminos

8 drops lime essential oil

8 drops lemongrass essential oil

2 cloves garlic minced

1 teaspoon sea salt

INSTRUCTIONS

Combine honey, coconut aminos, lime essential oil, lemongrass essential oil, garlic and sea salt in a large bowl. Add chicken nibbles and mix thoroughly. Cover and place in the refrigerator for 3-8 hours (the longer the better).

Pre-heat oven to 220 degrees Celsius. Line one or two baking trays with foil, place wire rack on top. Then remove the chicken from the marinade and place on the wire rack(s). Brush with some of the marinade and place in the oven for 15 minutes. Then, turn over and brush with any of the leftover marinade and cook for a further 15 minutes or until cooked through.



Pink Pepper and Lime Fajitas

Prep Time:1h 10m

Cook Time:10m

Total Time:1h 20m

Yield:4 Wraps

Ingredients

Sauce

1 Carrot julienned

1/2 Yellow Capsicum Sliced

1/2 Red Capsicum Sliced



1 tbsp. Coconut Oil
2 Chicken Breasts Sliced thinkly
4 Wraps
4 Drops doTERRA Lime Essential Oil
2 Drops doTERRA Pink Pepper Essential Oil
1/2 tsp. Coriander
1/2 tsp. Cumin
1 tsp. Smoked Paprika
1/2 c BBQ Sauce (additive free)

Instructions

Mix all the sauce ingredients together and add the chicken.
Stir well and set aside to marinate for at least an hour
Cook chicken over high heat for 5 minutes
Add veggies and continue cooking till the chicken is cooked through
Serve on wraps with sour cream and avocado, or whatever salad ingredients you like

Banana Bread With Cardamom and Cinnamon

Serves 4

Prep Time 15 minutes

Total Time 70 minutes

Ingredients

Bread

¼ cup milk
6 tablespoons olive oil
6 tablespoons maple syrup
1 teaspoon pure vanilla extract
1 drop Cardamom oil
2 ¼ cups mashed ripe bananas
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
½ teaspoon sea salt
1 cup pecans, chopped



Crumb Topping

½ cup powdered sugar
½ cup all-purpose flour
4 tablespoons unsalted butter, melted
1 drop cinnamon essential oil
Pinch of salt

Instructions

Preheat oven to 350° F.

Line 9x5 loaf pan with parchment paper or lightly oil and dust with flour.

Blend milk, olive oil, maple syrup, vanilla, bananas, and Cardamom essential oil (or dried spice, if using) in blender until smooth.

In a large bowl, combine dry ingredients.

Add banana mixture and combine using as few strokes as possible. Fold in nuts.

Pour into pan and smooth top.

In separate bowl, combine crumb topping ingredients.

Sprinkle crumb topping on top of bread mixture.

Bake until toothpick inserted in center comes out clean, 50–55 minutes.

Carrot and Ginger Spiced Soup with Coriander and Magical Wild Orange Oil

INGREDIENTS

2 tbsp coconut oil (or organic butter)
6 large carrots (very finely diced or whizzed in a food processor)
2 medium onions (prepared as above)
2 drops ginger oil
1 drop black pepper oil
1 drop coriander oil
2 cloves garlic (peeled and finely chopped)
1 medium red chilli (finely chopped, seeded if liked)
¾ tsp sea salt (Maldon or Cornish + extra to finish)



2 medium potatoes (floury, finely diced)
1/2 tsp ground cumin
800 mls chicken stock/broth (+ water to thin, if required)
4-6 drops doTERRA Wild Orange essential oil
To serve
Handful chopped coriander (or parsley)
Spoonful yoghurt (or creme fraiche)

INSTRUCTIONS

1. In a large wide pan, melt the butter/coconut oil (you can use a mixture) and add the carrots, onions, ginger, black pepper, garlic and red chilli. Season, mix well, cover and leave to sweat gently on a low heat, until the veg are translucent and softened (about 15 mins, stir occasionally).
2. Add the potatoes, coriander, cumin, lemon juice and stock. Stir well and bring up to the boil. Cover and simmer gently for 25 – 30 mins, or longer, until the potatoes are very tender – adjust the seasonings to taste after 20 mins or so.
3. Let the soup cool a little and blitz with a stick blender, or in batches in a food processor. Pulse for a chunky texture, or blitz until smooth.
4. Whisk in the doTERRA Wild Orange essential oil.
5. Serve with a generous sprinkle of fresh coriander, chopped parsley and swirl of cream, creme fraiche, or home-made yoghurt

Oregano Chicken Soup

Ingredients

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



600ml whipping cream
2 drops Oregano essential oil
½ teaspoon salt
½ teaspoon pepper

Directions:

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 for 1 minute before serving.

Sweet and Sour Meatballs with Thyme and Rosemary Essential Oil

Servings: 5 | Time: 40 minutes active | Difficulty: Easy

Ingredients:

1 1/2 cups bell peppers (mixed colors), chopped
1 cup white or yellow onion, chopped
2 Tbsp. olive oil
1 can pineapple tidbits (20 oz.)



- 1/4 cup white distilled vinegar
- 1/4 cup soy sauce
- 1 cup brown sugar
- 1 cup water
- 3 Tbsp. flour
- 28 meatballs (use frozen prepared meatballs, or make your own)
- 1 drop thyme essential oil
- 1 drop rosemary essential oil

Instructions:

1. In a large frying pan or skillet, sauté onions and peppers in olive oil over medium-high heat until they are just barely tender. Remove from pan, and set aside.
2. Pour the juice from the pineapple into the skillet (save the pineapple for later) along with the vinegar, soy sauce, brown sugar, water, and flour. Cook over medium-high heat, stirring frequently with a whisk, until the sauce begins to bubble and thicken.
3. Add the meatballs, onions, peppers, and pineapple tidbits to the sauce, and reduce the heat to medium. Let simmer for about 20 minutes, stirring occasionally, or until the meatballs are heated through.
4. Turn off the heat, and stir in the essential oils.
5. Serve warm over rice.

Spearmint Chocolate Chip Cookies

Satisfy your sweet tooth by trying this classic chocolate chip cookie recipe with a minty twist.

- Servings:** 36
- Prep Time:** 20 min
- Cook Time:** 12 min
- Difficulty:** Medium

Ingredients:

- 1/2 cup coconut oil
- 1/2 cup butter
- 3/4 cup raw sugar



- ½ cup honey
- 1 teaspoon cocoa
- 1 tablespoon molasses
- 1 egg
- 1 ½ cup spelt flour
- 1 ½ cup soft white wheat flour
- 1 cup quick oats
- ¼ cup chia seed
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup chocolate chips
- 1 drop Spearmint essential oil

Instructions:

1. Preheat oven to 180° C.
2. Combine refrigerated coconut oil and butter, whisk until smooth.
3. Once smooth add raw sugar, honey, cocoa, molasses, egg and drop of Spearmint essential oil, mix until creamed together.
4. In a separate bowl combine spelt flour, soft white wheat flour, quick oats, chia seeds, baking soda, and salt. Slowly pour into the liquid mixture while mixing.
5. Add one cup of chocolate chips and mix.
6. Scoop 12 cookies onto a cookie sheet and bake for 12 minutes.

Peppermint Chocolates

Ingredients:

- 1½ cup organic coconut oil
- ¼ cup raw honey
- 3 drops Peppermint essential oil
- 1 cup dark or sweet chocolate chips
- 1 candy cane, crushed



Directions:

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.

Grapefruit Cupcakes

Ingredients

- 1 Box White Cake Mix
- 1 1/4 Cup Milk
- 1/4 Cup Vegetable Oil
- 3 Large Eggs
- 1/2 Cup Berries
- 3 drops Pink Food Color
- 2 drops Grapefruit Essential Oil
- 1 box softened cream cheese
- 1/2 Cup softened butter
- 2 Cups Icing Sugar (Use 3 Cups if you want a firmer consistency for piping. I use 2 cups and left it in fridge to firm up)



Directions

1. Add the first 7 listed ingredients in mixer and mix
2. Spoon batter to muffin cups
3. Bake in oven at 350 degree for 20 minutes and let it cool after it's done

4. To make the frosting, beat cream cheese and butter. Add icing sugar, food colour and essential oil and continue beating till smooth. Dun overbeat.
5. Pipe the cupcakes with the frosting and decorate it with shredded coconut and berries.

NOTE: If frosting feels too runny, either add more icing sugar and beat more or place it in fridge for it to firm up

Enjoy

Cooking with dōTERRA Fennel



Looking for another way to use Fennel essential oil for cooking? Fennel goes great with dips and salads when you want to add a sharp, flavourful element to your dish. Add a toothpick's amount to white bean dips and cucumber salads for digestive benefits and a savoury flavour. Remember, when using essential oils for cooking, start small. Even a toothpick's amount can add a lot of flavour to your dish, so start with the bare minimum, and add more essential oil as you go to ensure that the flavour of the oil doesn't overpower the meal.

CILANTRO LIME GUACAMOLE

Homemade guacamole is one of the easiest recipes you will ever attempt and this Cilantro Lime Guacamole is no exception. No fancy equipment needed aside from your own muscles, you can quickly whip this recipe together before any gathering.

Now, we know what you're thinking. With lime juice and chopped coriander, why put the essential oils in at all? The answer is in the incredible benefits you get by taking Lime and Cilantro essential oil internally. To name just a few: Lime has the power to support colon health, a healthy metabolism, and healthy weight management. Cilantro, on the other hand, provides important antioxidants that protect your cells from damage. It also supports a healthy digestive tract.

The added flavour both oils bring to the guacamole is also a plus. Lime essential oil brings an added zest and balances out the rich creaminess of the avocado, while Cilantro oil adds a herbal flavour to the perfect combination of avocado, tomato, and onion.

Equipment

Bowl
Knife
Fork

Ingredients

4 large avocados
2 tbsp chopped coriander
1 lime juiced
¼ cup chopped onion
2 medium chopped tomatoes
Essential oils
4 drops lime
1 drop cilantro



To serve

Corn Chips

Instructions

1. Chop coriander, onion, and tomato. Set aside
2. Halve the avocados and remove the pit. Scoop out the flesh and smash avocados in a medium bowl
3. Add coriander, onion, and tomato into smashed avocado mixture
4. Add Cilantro and Lime essential oil, lime juice, and salt
5. Mix all ingredients and enjoy with corn chips of your choosing

GLUTEN-FREE BANANA FLAXSEED & TAHINI BREAD WITH DOTERRA CASSIA, CINNAMON, AND CLOVE ESSENTIAL OILS

This banana flaxseed and tahini bread is both gluten-free and dairy-free. It's packed with rich and nutty flavours from both the ground flaxseed and creaminess of the tahini paste. The warm spices of cassia, cinnamon, and clove give it a taste of holiday baking. Your home will smell like it's fall baking season! This bread made for a nice afternoon snack for my guests and everyone loved it!

Prep Time 20 minutes

Cook Time 1 hour 15 minutes

Cooling Time 1 hour

Total Time 1 hour 35 minutes

Servings 8 Servings

Author Carolyn "Tippy"

Ingredients

Nonstick cooking spray for the bread pan

2 cups Bob's Red Mill Gluten-Free 1-to-1 baking flour

1 tsp baking powder

1 tsp baking soda

1 tsp kosher salt

1 tsp ground cinnamon

1 tsp ground clove

1/4 cup Bob's Red Mill ground flaxseed meal

3/4 cup organic coconut sugar

2 large eggs

2/3 cup organic tahini paste

1/2 cup extra-virgin olive oil

1 1/2 tsp pure vanilla extract

3 drops doTERRA Cassia essential oil

2 drops doTERRA Cinnamon essential oil

2 drops doTERRA Clove essential oil



4 ripe bananas, peeled and mashed
2 tsp toasted white sesame seeds

Instructions

1. Preheat the oven to 325 degrees Fahrenheit. Then spray a 9-by-5 inch loaf pan with cooking spray.
2. In a medium bowl, combine the flour, baking powder, baking soda, kosher salt, ground cinnamon, ground clove, and flaxseed meal. Whisk the dry ingredients until combined. Set aside.
3. Using the bowl of an electric mixer, add the coconut sugar, eggs, tahini paste, olive oil, vanilla extract, doTERRA Cassia, Cinnamon, and Clove essential oils. With the paddle attachment fitted to the electric mixer, beat on medium speed until creamy, for about 3 to 4 minutes. Turn the speed to low and add the mashed bananas. Continue mixing for another 2 minutes until combined.
4. While the mixer is still on low speed, add the flour mixture in 3 batches, ensuring that it's thoroughly combined after each addition.
5. Turn the mixer off and pour the batter into the prepared loaf pan. Gently shake the pan to make sure that the batter is evenly distributed. Then sprinkle the sesame seeds on top of the batter, making sure that it covers every surface of the batter.
6. Bake until the bread is really golden brown for about 1 hour and 15 minutes or when a skewer inserted into the center of the bread comes out clean or with some moist crumbs clinging to the skewer.
7. When done, remove from the oven and let cool in the pan for 20 minutes. Then remove the bread to a wire rack to rest and cool completely, about 40-45 minutes.
8. After the bread has cooled completely, slice and serve warm or at room temperature. Store any remaining bread in a covered container and refrigerate.

Lavender Vanilla Buttercream Frosting

Frosting for one 9" layer cake, 24 cupcakes, 6 – 8 rose cupcakes

Ingredients

225 grams unsalted butter about 1 cup
450 grams powdered sugar sifted (about 4 cups)
1/2 teaspoon vanilla extract
2 drops Lavender Vitality Essential Oil
Violet Wilton Gel Food Coloring [8]
Decorating bag [9]
#125 frosting tip [5]
Wilton Lavender Sugar Sprinkles [6]



Instructions

1. In a stand mixer, use the paddle attachment to blend the butter on medium until pale and fluffy. This will take about 2 minutes.
2. Turn off the mixer and scrape down the sides. Add in about half of the powdered sugar. Turn the mixer on low. Blend until ingredients are integrated and then turn the mixer off. Scrape the sides down again.
3. Add in the rest of the powdered sugar. Turn the mixer on low once again. Blend until ingredients are integrated and then mix on medium for 2 minutes. Turn off and scrape the sides down again.
4. Turn the mixer on high and mix for 3 minutes. The frosting will increase in volume.
5. Turn off the mixer and scrape down the sides. Add in the vanilla extract and 1 drop of Lavender essential oil. Mix on low and taste the frosting. If the lavender flavor is too light for your tastes, add 1 more drop of Lavender essential oil and blend again.
6. Now add a tiny amount of food coloring. Mix on low until the color is uniform. You might want to add more gel color for a darker, deeper shade. This might take a few sessions of mixing and scraping until all the color is consistent throughout.
7. Place the frosting tip into the decorator bag. Move the frosting to the bag and frost your cupcakes.

8. Notes
9. Measure all the ingredients exactly. You'll want to use a kitchen scale to make the ratio of butter to sugar extremely accurate.
10. Do not fail to sift the powdered sugar. It will make the sugar lighter and free from lumps. Nobody likes lumpy buttercream. Even the most perfectly calibrated mixers can miss parts of the bowl when mixing. That's why scraping down the sides is so crucial. You'll get everything perfectly blended.
11. The frosting will be very stiff and not easily spreadable. This is necessary for the texture of the rose petals to be authentic. If you'd like to have smoother, more spreadable frosting then you can add 1 – 2 tablespoons of water to the mixer and beat on low until the desired consistency is reached.
12. Be very careful when measuring the essential oil drops. DO NOT measure them over the bowl of frosting because if you accidentally add too many drops then the results will NOT be delicious.
13. Place the empty frosting bag tip down inside of a tall glass. Turn down the bag onto the glass to make it easier to fill. If the frosting gets too soft from handling, place the piping bag into the freezer for about 3 minutes to stiffen it back up again.
14. This frosting will keep for up to 1 week in the refrigerator. Cover tightly. Place on the counter for a few minutes to soften before use.

Essential Oil Shot Glass Recipes

Gargle and swallow 2 drops of each of these oils in a shot glass of warm water three times a day:



- Cold & Flu Shot; OnGuard, Lemon, Melaleuca, & Peppermint. Oregano can be added for added protection, but it is a very hot oil so use with caution.
- Sore Throat Shot; Lemon & Melaleuca
- Cough Shot; Lemon, Frankincense & Peppermint
- Cold Sore Shot; Melissa & Melaleuca (Or use CorrectX directly on the sore.)
- Allergy Shot; Lemon, Lavender & Peppermint
- Digestive Shot; Digestzen, Peppermint & Ginger
- Daily Mouthwash Shot; Your own combination of Lemon, Peppermint, Melaleuca, Wild Orange, Clove, or Wintergreen. (Spit afterwards.)
- Clean Toothbrush Shot; Lemon (let toothbrush soak)
- Oil Pulling Shot; Add OnGuard to a small amount of fractionated coconut oil and swish for 20 minutes.
- Slim & Sassy Shot; Slim & Sassy
- Daily Detox Shot; Lemon or other citrus oil
- Hiccups Shot; Peppermint - Just swallow



doTERRA Fiber is sourced from whole food sources like apple, tapioca, and flax seed to support a healthy and regular digestive system, control appetite, and support the metabolic process. Fiber is a fantastic macronutrient that supports many different health functions within the body, not just the digestive system, including the cardiovascular and the immune systems.

Nutrition Line Cookbook

BLUEBERRY FIBER PANCAKES AND SYRUP

Yields 8 large pancakes

Yields 1½ cups of blueberry syrup

Ingredients:

3 cups blueberries, frozen
¾ tablespoon non-GMO cornstarch
¼ teaspoon lemon juice
2 tablespoons sugar or 3 tablespoons monk fruit sweetener
1 cup almond milk
½ cup buttermilk
¼ cup butter, melted
2 tablespoons honey
2 large organic eggs
1½ cup whole wheat flour
1 teaspoon baking soda
1 teaspoon vanilla
1 scoop doTERRA Fiber

Pancake Instructions:

1. In a bowl, mix the almond milk, buttermilk, butter, honey, eggs, whole wheat flour, baking soda, vanilla, and doTERRA Fiber until smooth. Can also mix in your favorite berries, diced apples, or nuts into the batter, if desired.
2. Heat an oiled griddle over medium heat.
3. Scoop the batter onto the griddle, making the pancakes any size preference.
4. Flip the pancakes after bubbles rise to the surface and the bottom is golden brown.
5. Cook the second side until golden brown.
6. Serve hot with the blueberry syrup.

Syrup Instructions:

1. In a large saucepan, add the blueberries and coat with sugar, lemon juice, and cornstarch.
2. Cook over medium heat until the blueberries excrete juices and the mixture thickens.
3. Stir occasionally and enjoy! For a completely smooth syrup, puree the cooked mixture in a blender.



With pure, plant-sourced, and nourishing ingredients, doTERRA Greens supports healthy immune function, digestion, weight management, and energy. A mix of superfoods are packed in doTERRA Greens to provide you a nutritious boost. One scoop of doTERRA Greens powder provides the nutritional equivalency of approximately one to two servings of fruits and vegetables. Key ingredients include moringa, acai, cabbage, collard greens, dandelion, kale, parsley, spinach leaf, alfalfa, barley grass, oat grass, pineapple, mango, gojiberry, as well as Lemon and Ginger CPTG essential oils.

Nutrition Line Cookbook

dōTERRA Greens Smoothies

GET YOUR GREENS

- 12–14 ounces water
- 2 scoops dōTERRA Greens
- 1 handful spinach
- ½ banana, frozen
- ½ avocado
- 1 handful ice cubes
- 1 drop Lime essential oil

THE BLUEBERRY PATCH

- 12–14 ounces water
- 2 scoops dōTERRA Greens
- 1 banana, frozen
- ½ cup blueberries, frozen
- 1 handful ice cubes
- 1 drop Lemon essential oil

MIXED BERRY BLAST

- 12–14 ounces water
- 2 scoops dōTERRA Greens
- 1 cup mixed berries
- 1 handful ice cubes
- 1 drop Lime essential oil

PB AND J

- ½ cup almond or cashew milk
- 2 scoops dōTERRA Greens
- ½ cup strawberries, frozen
- 1 banana, frozen
- ½ cup raspberries
- 1 tablespoon peanut butter
- 1 drop Lemon essential oil

These recipes yield approximately two smoothie servings (8 ounces per serving). For those who prefer a larger smoothie size for one serving, the recipe and amount of fiber can be adjusted accordingly.

doTERRA Protein is a daily supplement that provides 21–22 grams of protein from whey and other sources. It also provides several grams of fiber and tastes amazing. doTERRA Protein is sweetened naturally with monkfruit (not sugar!) and scientifically formulated to help support muscle growth and satisfy hunger.

Nutrition Line Cookbook

CHOCOLATE PROTEIN CAKE BITES

Yields 12 cake bites

Ingredients:

- ½ cup natural cashew, almond, or peanut butter
- ½ cup pumpkin puree
- ½ cup honey or pure maple syrup
- 2 large organic eggs
- ¾ cup almond flour
- ¼ cup cocoa powder
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 scoop **Chocolate doTERRA Protein**

Oven Instructions:

1. Preheat the oven to 375 °F.
2. Lightly spray a 12-cup muffin pan with cooking spray.
3. In a medium-sized bowl, whisk the peanut butter, pumpkin, and honey until smooth.
4. Add eggs one at a time to the mixture, making sure each egg is fully mixed in before adding the next one.

5. Gently fold the dry ingredients into the wet ones until fully combined.
6. Divide the mixture evenly into the prepared muffin pan.
7. Bake for 10 minutes or until the cakes are set and still slightly gooey in the middle. Cool slightly and enjoy!
8. Store in an airtight container for up to 7 days.

Microwave Instructions:

1. In a medium-sized bowl, whisk the peanut butter, pumpkin, and honey until smooth.
2. Add eggs one at a time to the mixture, making sure each egg is fully mixed in before adding the next one.
3. Gently fold the dry ingredients into the wet ones until fully combined.
4. Scoop the desired amount of batter into a microwave-safe mug.
5. Place the mug in the microwave, cook for 30 seconds, and enjoy!



VANILLA PROTEIN BALLS

Yields 12 protein balls

Ingredients:

- 1 tablespoon honey
- ½ cup natural cashew, almond, or peanut butter
- 1 cup old-fashioned oats
- ¼ cup coconut, shredded
- ¼ teaspoon cinnamon
- 1 scoop **Vanilla dōTERRA Protein**
- 1½ tablespoons water
- ¼ cup bittersweet chocolate chips

Instructions:

1. In a large-sized bowl, combine all the ingredients and mix until incorporated.
2. Using a cookie scoop or your hands, roll out 12 balls. Enjoy!
3. Store in an airtight container for up to 7 days.



Medical Disclaimer:

The information contained in this document is not meant to diagnose, treat, cure, or prevent any disease. The information represents what I, and other users of Essential Oils, have chosen to do to take charge of their own personal health and that of their family. Statements in this document have not been evaluated by the Food and Drug Administration (USA) or the Therapeutic Goods Administration (Australia). Products in this document are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using these products.

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