



dōTERRA® | eBooks  
Nutrition Line  
Cookbook



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# dōTERRA Greens Recipes

dōTERRA | Nutrition

## Greens



Dietary Supplement

NET WT (12.4 oz) 351 g | 30 Servings



## SUPER GREEN ROASTED GARLIC HUMMUS

Yields 2 cups

### Ingredients:

- 1 15-ounce can garbanzo beans, rinsed and drained
- 1 tablespoon fresh lemon juice
- 4 tablespoons tahini
- 1 tablespoon garlic, roasted (usually 1 garlic bulb)
- ½ teaspoon kosher salt
- 2 tablespoons extra virgin olive oil
- 1 scoop **dōTERRA Greens**

### Instructions:

1. Preheat the oven to 350 °F.
2. Cut the top of the garlic bulb so the cloves are exposed.
3. Place the bulb—cut side up—on a sheet of aluminum foil and fold the ends over the garlic.
4. Roast for 45 minutes or until the garlic is soft and tender.
5. Remove and allow to cool, then squeeze the roasted garlic out, starting from the root.
6. Place all the ingredients in a food processor, puree until smooth, and enjoy!
7. Store in an airtight container in the refrigerator for up to 7 days.





## CHICKEN BURRITO BOWL WITH SUPER GREEN JALAPEÑO SAUCE

Yields 4 bowls

### Ingredients:

- 2 boneless and skinless chicken breasts
- 1 teaspoon kosher salt
- 1 teaspoon cumin
- 2 teaspoons smoked paprika
- 1 15-ounce can black beans, rinsed and drained
- 1 15-ounce can corn, rinsed and drained
- 4 cups precooked brown rice
- 2 small Roma tomatoes, diced
- ½ cup queso fresco cheese, crumbled
- ¼ cup sour cream
- ¼ cup green onion, diced
- 1 cup super green jalapeño sauce (see recipe below)

### Super Green Jalapeño Sauce Ingredients:

- 1 12-ounce can jalapeños
- 1 bunch fresh cilantro leaves, chopped
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt

½ cup sour cream

Juice from 1 fresh lime

2 scoops **dōTERRA Greens**

### Instructions:

1. Rub the salt, cumin, and paprika on both sides of the chicken breasts.
2. Coat a skillet with oil and warm over medium heat until hot.
3. Sear the chicken on both sides until golden brown—about 8–10 minutes per side—until the internal temperature reaches 165 °F.
4. Remove the chicken from the pan and set on a plate to rest.
5. Place the jalapeños, cilantro leaves, garlic powder, kosher salt, sour cream, lime juice, and dōTERRA Greens in a food processor and puree until smooth.
6. Divide the warm beans, corn, and rice into 4 bowls.
7. Cut the chicken into bite-sized pieces and place in bowls.
8. Top each bowl, with tomatoes, cheese, sour cream, onions, and super green jalapeño sauce. Enjoy!
9. Place any remaining sauce in an airtight container and keep in the refrigerator for up to 7 days.

# dōTERRA Fiber Recipes



## 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 **dōTERRA Fiber**

### Pancake Instructions:

1. In a bowl, mix the almond milk, buttermilk, butter, honey, eggs, whole wheat flour, baking soda, vanilla, and dōTERRA 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.



## FIBER OAT CUPS

Yields 1½ dozen

### Ingredients:

3 ripe bananas  
1½ cups coconut, almond, or vanilla oat milk  
¼ cup honey  
1 teaspoon vanilla  
2 large organic eggs  
3 cups old-fashioned oats  
2 teaspoons baking soda  
1½ teaspoons cinnamon  
1 teaspoon kosher salt  
2 tablespoons chai seeds  
2 scoops **dōTERRA Fiber**  
⅔ cup bittersweet chocolate chips

### Instructions:

1. Preheat the oven to 375 °F.
2. Spray a 12-cup muffin pan with cooking spray and set aside.
3. In a large-sized bowl, smash the bananas until they're no longer chunky.
4. Add all the other ingredients and mix until incorporated.
5. Divide the batter evenly into the muffin pan and bake for 17 minutes.
6. Allow to cool for 5 minutes before removing from pan.
7. Store any leftovers in a storage bag for 7 days at room temperature or in the refrigerator.



# dōTERRA Protein Chocolate Recipes

dōTERRA<sup>®</sup> | Nutrition

Whey  
**Protein**



**Chocolate**

*with other natural flavors*

Dietary Supplement

NET WT 29 oz (1 lb 13 oz) (828 g) | 20 Servings



## 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 dōTERRA 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!





## DARK CHOCOLATE PROTEIN OVERNIGHT OATS

Yields 2 servings

### Ingredients:

- 1 cup old-fashioned oats
- 1 cup coconut milk
- ½ cup coconut Greek yogurt
- 1 scoop **Chocolate dōTERRA Protein**
- 1 tablespoon honey
- 1 tablespoon cocoa powder
- 2 tablespoons coconut, shaved
- Pinch of salt

### Instructions:

1. Whisk the milk, yogurt, salt, honey, cocoa powder, and Chocolate dōTERRA Protein in a bowl until smooth.
2. Stir in the oats and coconut.
3. Pour into an airtight container and place in the refrigerator overnight or at least 5 hours.
4. Garnish with dark chocolate chips and shaved coconut, and then enjoy! Keep in the refrigerator for up to 5 days.

# dōTERRA Protein Vanilla Recipes

dōTERRA | Nutrition

Whey  
**Protein**



**Vanilla**

*with other natural flavors*

Dietary Supplement

NET WT 26 oz (1 lb 10 oz) (746 g) | 20 Servings



## VANILLA PROTEIN BALLS

Yields 12 protein balls

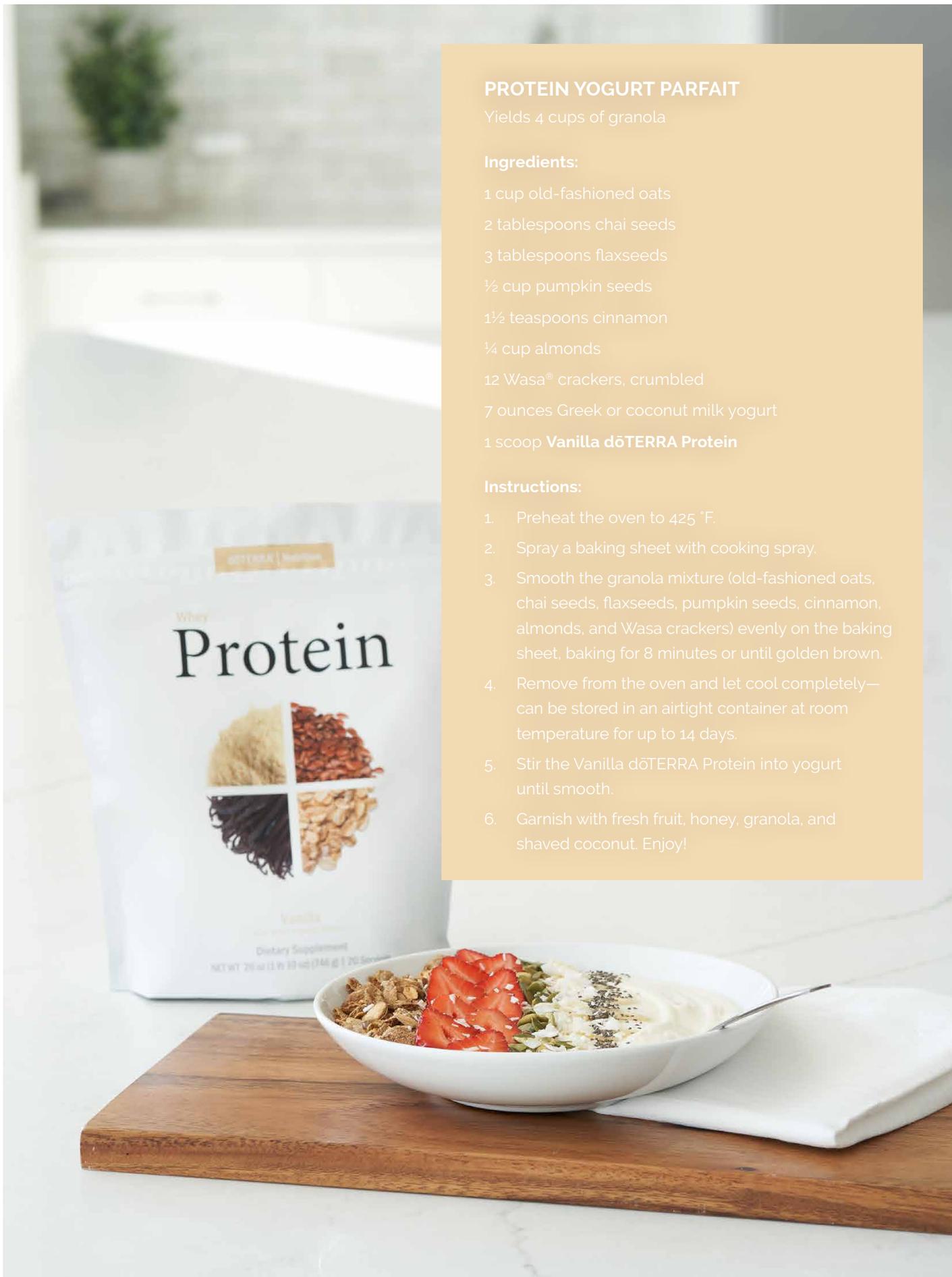
### Ingredients:

- 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.





## PROTEIN YOGURT PARFAIT

Yields 4 cups of granola

### Ingredients:

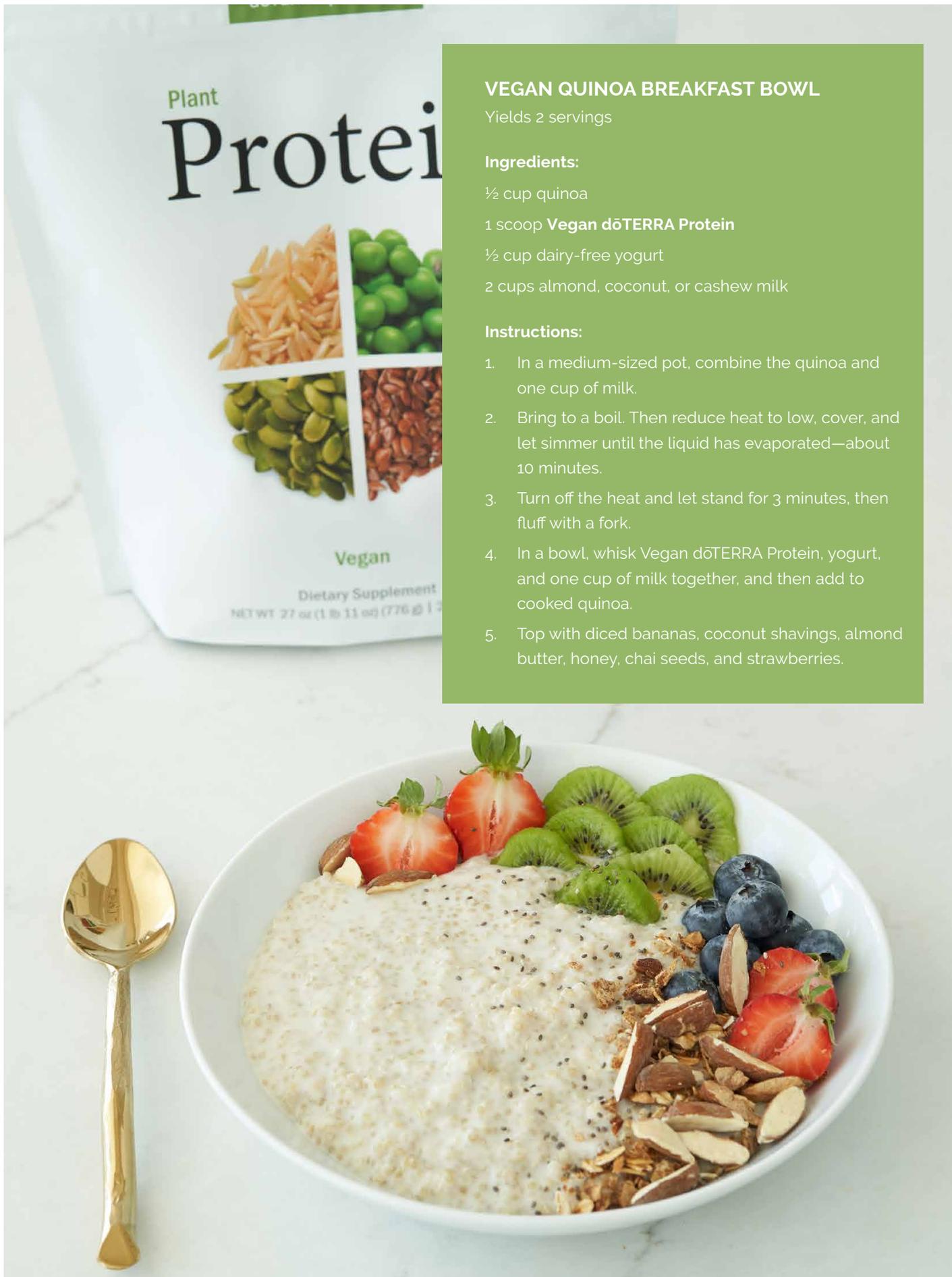
- 1 cup old-fashioned oats
- 2 tablespoons chai seeds
- 3 tablespoons flaxseeds
- ½ cup pumpkin seeds
- 1½ teaspoons cinnamon
- ¼ cup almonds
- 12 Wasa® crackers, crumbled
- 7 ounces Greek or coconut milk yogurt
- 1 scoop **Vanilla dōTERRA Protein**

### Instructions:

1. Preheat the oven to 425 °F.
2. Spray a baking sheet with cooking spray.
3. Smooth the granola mixture (old-fashioned oats, chai seeds, flaxseeds, pumpkin seeds, cinnamon, almonds, and Wasa crackers) evenly on the baking sheet, baking for 8 minutes or until golden brown.
4. Remove from the oven and let cool completely—can be stored in an airtight container at room temperature for up to 14 days.
5. Stir the Vanilla dōTERRA Protein into yogurt until smooth.
6. Garnish with fresh fruit, honey, granola, and shaved coconut. Enjoy!

# dōTERRA Protein Vegan Recipes





## VEGAN QUINOA BREAKFAST BOWL

Yields 2 servings

### Ingredients:

- ½ cup quinoa
- 1 scoop **Vegan dōTERRA Protein**
- ½ cup dairy-free yogurt
- 2 cups almond, coconut, or cashew milk

### Instructions:

1. In a medium-sized pot, combine the quinoa and one cup of milk.
2. Bring to a boil. Then reduce heat to low, cover, and let simmer until the liquid has evaporated—about 10 minutes.
3. Turn off the heat and let stand for 3 minutes, then fluff with a fork.
4. In a bowl, whisk Vegan dōTERRA Protein, yogurt, and one cup of milk together, and then add to cooked quinoa.
5. Top with diced bananas, coconut shavings, almond butter, honey, chai seeds, and strawberries.



## VEGAN PEANUT BUTTER BARS

Yields 12 bars

### Ingredients:

- 1 cup natural cashew, almond, or peanut butter
- ½ cup honey
- 2 cups old-fashioned oats
- 1 cup almond flour
- 2 scoops **Vegan dōTERRA Protein**
- ¼ cup dairy-free white chocolate chips

### Instructions:

1. In a medium-sized bowl, whisk the peanut butter and honey until smooth.
2. Add the oats, flour, Vegan dōTERRA Protein, and chocolate chips to the mixture and mix until incorporated.
3. Spread the mixture onto a cutting board until at a 1-inch thickness.
4. Cut into 12 bars and enjoy!
5. Store in the refrigerator in an airtight container for up to 14 days.

# 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

# Greens



### THE BLUEBERRY PATCH

12–14 ounces water

2 scoops **dōTERRA Greens**

1 banana, frozen

⅓ 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.*

# dōTERRA Fiber Smoothies

## ISLAND DAYDREAM

12–14 ounces coconut milk

2 scoops **dōTERRA Fiber**

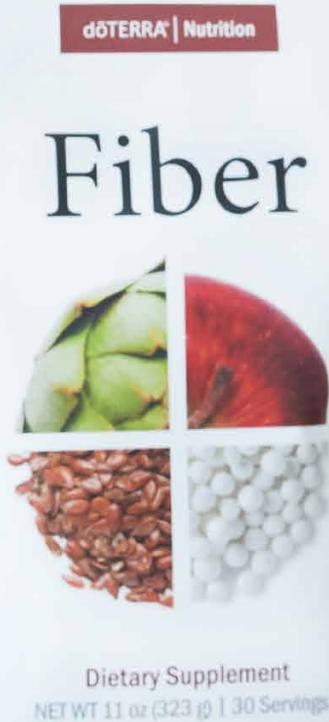
½ cup mango

½ cup papaya

½ cup pineapple

1 handful ice cubes

1 drop Wild Orange essential oil



### MANGO ON THE GO

½ cup cashew or almond milk

2 scoops **dōTERRA Fiber**

1 cup raspberries, frozen

1 cup mango, frozen

1 drop Lime essential oil

### CINNAMON APPLE SWIRL

½ cup cashew or almond milk

2 scoops **dōTERRA Fiber**

1 cup apple slices

1 tablespoon almond butter

Dash of cinnamon

1 handful ice cubes

1 toothpick swirl Cinnamon

Bark essential oil

### GO NUTS!

¾ cup almond or cashew milk

2 scoops **dōTERRA Fiber**

1 teaspoon peanut butter

1 teaspoon coconut butter

1 banana, frozen

1 handful ice cubes

1 toothpick swirl Cinnamon

Bark 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.*



# dōTERRA Protein Chocolate Smoothies

## PEANUT BUTTER BLISS

- 12–14 ounces water
- 2 scoops **Chocolate dōTERRA Protein**
- 1 banana, frozen
- 1 tablespoon peanut butter
- 1 toothpick swirl Cinnamon Bark essential oil



## RASPBERRY RUSH

- 1 cup cashew or almond milk
- 2 scoops **Chocolate dōTERRA Protein**
- 1 cup raspberries, frozen
- 1 drop Lime essential oil

## BERRY GOOD MORNING

- 12–14 ounces water
- 2 scoops **Chocolate dōTERRA Protein**
- 1 cup mixed berries
- 1 banana
- ¼ cup oats
- 1 handful ice cubes
- 1 drop Lime essential oil

## CHOCOLATE ALMOND SWIRL

- ½ cup almond milk
- 2 scoops **Chocolate dōTERRA Protein**
- 1 banana, frozen
- 1 teaspoon almond butter
- 1 handful ice cubes
- 1 toothpick swirl Cinnamon Bark 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.*

# dōTERRA Protein Vanilla Smoothies

## KIWI STRAWBERRY SPLASH

- 12–14 ounces water
- 2 scoops **Vanilla dōTERRA Protein**
- 1 kiwi, peeled
- ½ cup strawberries
- 1 handful ice cubes
- 1 drop Lemon essential oil



### SWEET CHERRY SMOOTHIE

- 1 cup almond or cashew milk
- 2 scoops **Vanilla dōTERRA Protein**
- 1 cup cherries, frozen and no pits
- 1 drop Lime essential oil

### COOL BERRY TWIST

- ½ cup almond milk
- 2 scoops **Vanilla dōTERRA Protein**
- ½ cup strawberries, frozen
- ½ cup blueberries
- ½ cup plain yogurt
- 1 drop Lemon essential oil

### CITRUS SUNSET

- ¾ cup almond or cashew milk
- 2 scoops **Vanilla dōTERRA Protein**
- 1 banana, frozen
- 1 cup mango, frozen
- 1 mandarin orange
- ¼ cup plain yogurt
- 1 drop Grapefruit 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.*

# dōTERRA Protein Vegan Smoothies



## TROPICAL DREAM

- 12–14 ounces coconut water
- 2 scoops **Vegan dōTERRA Protein**
- 1 banana, frozen
- 1 cup strawberries
- 1 drop Wild Orange essential oil



### BANANA BONANZA

- 1 cup cashew or almond milk
- 2 scoops **Vegan dōTERRA Protein**
- 1 banana, frozen
- 1 teaspoon peanut butter
- 1 handful ice cubes
- 1 toothpick swirl Cinnamon Bark essential oil

### WILD ORANGE SWEET TREAT

- $\frac{3}{4}$  cup cashew or almond milk
- 2 scoops **Vegan dōTERRA Protein**
- 1 banana, frozen
- 1 mandarin orange, frozen
- 1 cup spinach
- 1 handful ice cubes
- 1 drop Wild Orange essential oil

### CAREFREE WITH COCONUT

- $\frac{2}{3}$  cup coconut milk
- 2 scoops **Vegan dōTERRA Protein**
- 2 cups raspberries, frozen
- 1 banana, frozen
- 1 drop Lime 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.*