

dōTERRA™

Plant Protein

Recipe e-Book



dōTERRA™ | EUROPE





**dōTERRA™
Vanilla Plant Protein**
24g protein per serving



Two flavours



**dōTERRA™
Chocolate Plant Protein**
22g protein per serving



One serving
= **32 grams**



**Four sources of
vegan protein:**
pea, potato,
chickpea and rice



**Vegan, Gluten
Free, GMO Free,
Soy Free**



Formulated
with **no artificial
sweeteners,
additional sugars
or flavours**



**High availability
of amino acids**
- Contains all 9
of the **essential
amino acids (EAAs)**
- Contains all 3 of the
**branched chain amino
acids (BCAAs)**



Supports the
**growth and
maintenance of
muscle mass**

Mix it, Blend it,
Drink it!



Super Berry Smoothie

You will need a blender to create these super smoothies:

Chocolate Peanut Butter Smoothie

- One serving (32 g) **dōTERRA™ Chocolate Plant Protein**
- 1 frozen banana
- 1 tbsp peanut butter
- 250 ml oat milk (or any milk/alternative)
- Two ice cubes

Add an essential oil!

💧 *1 drop of Spearmint essential oil*

Super Berry Smoothie

- One serving (32 g) **dōTERRA™ Vanilla Plant Protein**
- 150 g frozen berries
- 1 frozen banana
- 250 ml almond milk (or any milk/alternative)
- Two ice cubes

Add an essential oil!

🍊 *1 drop of Grapefruit essential oil*

The Best Green Smoothie

SERVES 2

- One serving (32 g) **dōTERRA™ Vanilla Plant Protein**
- Two handfuls of spinach
- 1 mango
- ½ avocado
- 350 ml coconut water (or water)
- Mint leaves
- Two ice cubes

Add an essential oil!

🍷 *1 drop of Ginger essential oil*

For the following recipes, you will need a mixing bowl and mason jars (or serving containers of choice).

Chocolate Hazelnut Overnight Oats

SERVES 2

Ingredients:

- 45 g oats
- 1 tbsp crushed hazelnuts (unsalted)
- One serving (32 g) **dōTERRA™ Chocolate Plant Protein**
- 1 tbsp raw cacao powder
- 1 tbsp maple syrup or honey
- 1 tsp vanilla extract (optional)
- A pinch of sea salt
- 160 ml almond milk (or any milk/alternative)

Method:

- ① In a bowl, mix all the ingredients well, making sure there are no lumps.
- ② Divide the mix between two mason jars and secure the lids.
- ③ Leave to soak overnight in the fridge.
- ④ Enjoy this delicious and simple breakfast the next morning!



Nutritious, Delicious

Breakfasts



Overnight Chia Oat Parfait

with Mixed Berries



SERVES 2

Ingredients:

- 45 g oats
- 2 tbsp chia seeds
- One serving (32 g) **dōTERRA™ Vanilla Plant Protein**
- A handful of mixed berries, fresh or frozen (raspberries, blueberries and blackberries)
- 120 g Greek yoghurt or other non-dairy alternatives
- 2 tbsp nut butter of choice
- 175 ml oat milk (or any milk/alternative)

Method:

- ① In a bowl, thoroughly mix the oats, chia seeds, protein powder, Greek yoghurt and milk.
- ② Divide the mix between two mason jars.
- ③ Add one tablespoon of nut butter in each jar.
- ④ Top each jar equally with the berries.
- ⑤ Secure the lids, refrigerate overnight and enjoy in the morning!

Tropical Smoothie Protein Bowl

SERVES 2

Ingredients:

- 200 g pineapple, frozen
- 200 g mango, frozen
- 1 banana
- One serving (32 g) of **dōTERRA™ Vanilla Plant Protein**
- 120 ml coconut milk (or any milk/alternative)

Toppings:

- Homemade granola
- Mango chunks and/or pineapple chunks
- Banana, sliced
- Coconut, shredded
- Chia seeds

Method:

- ① Combine the pineapple, mango, banana, protein powder and milk in a blender.
- ② Blend until smooth. Note that the mixture will be very thick.
- ③ Pour into two shallow bowls, arrange the toppings and serve immediately.

Get Creative with
dōTERRA™
Plant Protein



Three Ingredient

Protein Pancakes





MAKES 4 PANCAKES

Ingredients:

- One serving (32 g) **dōTERRA™ Vanilla Plant Protein** (or more to thicken for pouring consistency)
- 1 ripe banana
- 2 eggs
- Oil or butter

Method:

- ① Heat a frying pan over a medium-low heat and grease well with oil or butter.
- ② In a bowl, mix all the ingredients until smooth.
- ③ The pancake mixture should be a thick, pourable consistency. If it's too stiff, add a splash of water. If it's too runny, add a sprinkle of protein powder.
- ④ Ladle the mixture into the pan to your preferred pancake size.
- ⑤ Cook until golden in colour, flip and repeat on the other side. Enjoy!

Tip: Add a sprinkle of cinnamon to the batter for added taste, or a toothpick swirl of Cinnamon essential oil.

SERVES 12

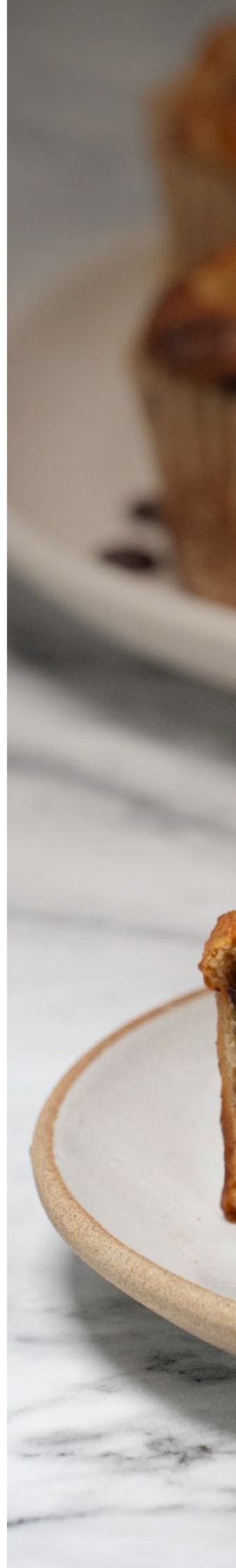
Ingredients:

- 180 g (2 cups) oats
- 2 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- Two servings (64 g) **dōTERRA™ Vanilla Plant Protein**
- 2 large overripe bananas, mashed
- 280 g (1 cup) Greek yoghurt
- 2 eggs
- 1 teaspoon vanilla extract (optional)
- 100 g (2/3 cup) dark chocolate chips

Method:

- ① Preheat the oven to 180°C/Gas Mark 4. Line two muffin trays with silicone muffin cases.
- ② In a food processor, pulse the oats until finely ground.
- ③ Add the remaining ingredients, except the chocolate chips. Blend until combined.
- ④ Stir in the chocolate chips and mix thoroughly.
- ⑤ Divide the batter between the muffin cases and bake for 20-22 minutes, or until an inserted toothpick comes out clean.
- ⑥ Let the muffins cool for several minutes before removing them from the trays.

Tip: Try adding a drop of Tangerine essential oil and/or a sprinkle of cinnamon to the mix for added flavour!



Banana
Protein Muffins



We hope these recipes have ignited your taste buds and curiosity. Feel free to experiment, create, and share your own protein-packed creations with our dōTERRA community using #doterraeurope and tagging us at @doterraeurope.

Happy Cooking!



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dōTERRA Essential Oils Europe

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