



dōTERRA® | eBooks

**Cuisine Blend
Collection Cookbook**



Recipes in this book

04 **dōTERRA Italian Cuisine Blend** **Recipes:**

- Mushroom Fettuccini
- Herbed Biscuits
- Red Sauce
- Homemade Pizza
- Italian Chicken Soup
- Creamy Italian Dressing
- Italian-Style Chicken Marinade

11 **dōTERRA Mexican Cuisine Blend** **Recipes:**

- Simple Salsa
- Sweet Pork
- Sweet Pork Sauce
- Cilantro Lime Guacamole

Mexican-Style Chicken Marinade
Spanish Rice
Pozole

19 **dōTERRA Tropical Cuisine Blend** **Recipes:**

- Honey Soy Dressing
- Teriyaki Marinade
- Island-Style Chicken Salad
- Wild Tropical Smoothie
- Fruit Dip
- Paradise Punch
- Tropical Overnight Oats

dōTERRA Italian Cuisine Blend Recipes



MUSHROOM FETTUCINI

Yield: 4 Servings

Ingredients:

1 tablespoon garlic, minced (approximately 3 cloves)

½ onion, chopped

8 ounces crimini mushrooms, sliced

¼ cup olive oil

4 servings fettucine pasta, cooked

2 tablespoons toasted pine nuts

Salt and pepper to taste

1 drop **dōTERRA Italian Cuisine Blend**

Basil Leaves (as needed)

Instructions:

1. Heat the olive oil in a pan until the surface begins to shimmer. Add the garlic and sauté until golden.
2. Add the onions and mushrooms and sauté until the onions begin to brown.
3. Add the pasta and pine nuts to the mixture and sauté for 1 minute. Stir the pasta until the ingredients are evenly distributed.
4. Season with salt and pepper. Once the desired flavor is achieved, add 1 drop of dōTERRA Italian Cuisine Blend to the dish.
5. When plating, use a couple basil leaves for color and added flavor.



HERBED BISCUITS

Yield: 12 Biscuits

Ingredients:

- 4 cups flour
- 1 tablespoon salt
- 1 tablespoon baking powder
- ½ cup buttermilk
- 1 cup butter
- 1 drop **dōTERRA Italian Cuisine Blend**

Instructions:

1. Preheat your oven to 375 °F and grease a baking sheet.
2. Stir together the flour, salt, baking powder, buttermilk, melted butter, and dōTERRA Italian Cuisine Blend until it all comes together, forming a dough. Mix until the dough doesn't stick to the bowl.
3. Cover the dough and allow to rest for 10 minutes.
4. Roll out the dough into a long, ¾-inch-thick rectangle and cut into 12 triangles. Place triangles on the baking sheet and allow to rest in the refrigerator for 10 minutes.
5. Bake until the biscuits turn golden brown.





RED SAUCE

Yield: 6 Cups

Ingredients:

- 2 28-ounce cans puree tomatoes
- ¼ cup and 1 teaspoon garlic, minced (approximately 12 cloves)
- ¼ cup and 1 teaspoon extra virgin olive oil
- 2 tablespoons salt
- ⅓ cup sugar
- 1 teaspoon dry thyme
- 1 drop **dōTERRA Italian Cuisine Blend**
- 1 drop Black Pepper oil

Instructions:

1. Combine all the ingredients together and mix until well combined.
2. Use the sauce immediately or to store for future use.



HOMEMADE PIZZA

Ingredients:

Pizza Dough

- 3½ cups all-purpose flour
- 2 teaspoons salt
- 1 teaspoon yeast
- 1 cup water
- 1 tablespoon extra virgin olive oil

Pizza Sauce

See Red Sauce recipe on page **page 6**.

Instructions:

Dough

1. Combine the flour, salt, yeast, and water in a mixer and mix until just combined.
2. Cover the bowl and allow to sit for 30 minutes.
3. Uncover the dough, and then add the olive oil and mix until the dough doesn't stick to the bowl.
4. Once ready, remove the dough from the bowl and divide into 3 balls. Cover lightly with plastic wrap and allow to rest for 10 minutes.
5. Roll out the dough into a large pizza or separate into mini pizzas. Add the sauce and your favorite toppings before baking.
6. Bake at 350 °F for 7–10 minutes for mini pizzas or 10–13 minutes for a large pizza.



ITALIAN CHICKEN SOUP

Yield: 6 Servings

Ingredients:

- 3 tablespoons olive oil
- 2 tablespoons garlic, minced (approximately 6 cloves)
- 2 celery stalks, diced
- 1 bell pepper, diced
- 1 onion, diced
- 2 cooked chicken breasts, chopped
- 6 cups chicken stock
- 4 Roma tomatoes, chopped
- 1 cup orzo pasta
- 2 cups cream
- Salt and pepper to taste
- 1 drop **dōTERRA Italian Cuisine Blend**

Instructions:

1. Heat the olive oil in a pot until the surface shimmers. Add the garlic and sauté until golden.
2. Add the celery, bell pepper, and onions to the pot, sautéing until the vegetables soften.
3. Add the chicken, chicken stock, and tomatoes to the pot and bring the soup to a simmer.
4. Add the orzo pasta and stir occasionally. Add the cream after the pasta becomes soft.
5. Add 1 drop of dōTERRA Italian Cuisine Blend and season with salt and pepper until the desired flavor is achieved.
6. Turn off heat and allow to rest for 5 minutes. Serve immediately or allow the soup to cool before storing.

CREAMY ITALIAN DRESSING

Yield: 1 ½ Cups

Ingredients:

2 tablespoons Dijon mustard
½ cup red wine vinegar
¼ cup honey
1 tablespoon garlic powder
1 teaspoon red pepper flakes
1 teaspoon thyme
Salt and pepper to taste
¾ cup canola oil
¼ cup extra virgin olive oil
2 drops **dōTERRA Italian Cuisine Blend**

Instructions:

1. Combine the mustard, red wine vinegar, honey, garlic, red pepper flakes, thyme, and salt and pepper until the mixture is smooth and even.
2. Slowly whisk in the canola oil, olive oil, and dōTERRA Italian Cuisine Blend until the mixture is smoothly combined.
3. Use immediately or store in the refrigerator for future use.





ITALIAN-STYLE CHICKEN MARINADE

Yield: 2 Cups

Ingredients:

- $\frac{3}{4}$ cup red wine vinegar
- $\frac{1}{4}$ cup lemon juice
- 2 tablespoons garlic, minced (approximately 4 cloves)
- 2 tablespoons sugar
- 2 tablespoons salt
- 1 teaspoon black pepper
- 1 teaspoon red pepper flakes
- 1 cup olive oil
- 2 drops **dōTERRA Italian Cuisine Blend**
- 3 drops Lemon oil

Instructions:

1. Combine all the ingredients.
2. Pour the marinade into a sealable plastic bag and add chicken.
3. Allow the chicken to sit in the marinade for 30 minutes or up to 12 hours in the refrigerator before cooking.

dōTERRA Mexican Cuisine Blend Recipes





SIMPLE SALSA

Yield: 2 ½ cups

Ingredients:

- ½ red onion, chopped
- 1 Roma tomato, chopped
- 2 jalapenos, chopped*
- 1¼ tablespoons garlic, minced (approximately 4 cloves)
- ¼ cup cilantro (approximately 1 bunch of cilantro)
- ¼ cup lime juice
- 1 28-ounce can ground tomatoes
- Salt and pepper to taste
- 2 drops **dōTERRA Mexican Cuisine Blend**

*Note: If a less spicy salsa is desired, either use fewer jalapenos or seed them.

Instructions:

1. Using a food processor, mince the onion, tomatoes, jalapenos, and garlic. Place into a bowl.
2. Mix the remaining ingredients into the salsa base and season with salt and pepper until the desired flavor is achieved.

SWEET PORK

Yield: 5.5 pounds

Ingredients:

- 1 pork shoulder or Boston butt
- 5 tablespoons onion powder
- 5 tablespoons garlic powder
- ½ cup sugar
- ¼ cup salt
- 3 tablespoons black pepper
- 1 liter Coca-Cola
- 2 drops **dōTERRA Mexican Cuisine Blend**

Instructions:

1. Combine all the dry ingredients, along with 2 drops

of dōTERRA Mexican Cuisine Blend. Generously coat the pork cushion and place in an appropriately sized crockpot.

2. Pour in the liter of Coca-Cola, turn the crockpot to low, and allow to cook overnight (approximately 8–10 hours).
3. Once the pork has cooked, pull it out of the crockpot, strain, and set aside the liquid.*
4. Shred the pork, placing it back in the crockpot for immediate use or cooling and storing properly for future use.

*Note: Set aside the liquid to make the Sweet Pork Sauce on page **page 14**.





SWEET PORK SAUCE

Yield: 1½ quarts

Ingredients:

½ cup canola oil

¼ cup chili powder

½ cup rice flour

1 quart sweet pork liquid*

½ cup sugar

1-2 drops **dōTERRA Mexican Cuisine Blend**

Salt and pepper to taste

*Note: Save the liquid from the Sweet Pork recipe on **page 13**. If the liquid from the pork isn't quite a quart, then add water or stock to increase.

Instructions:

1. Heat the canola oil in a sauce pot until the surface begins to shimmer. Add the chili powder and rice flour and sauté for about 1 minute, stirring often.
2. Whisk quickly as you add the sweet pork liquid and sugar to avoid clumps. Bring the sauce to a simmer and allow to thicken.
3. Season with dōTERRA Mexican Cuisine Blend, salt, and pepper until the desired flavor is achieved. Serve immediately or store for future use.



CILANTRO LIME GUACAMOLE

Yield: 3 ½ cups

Ingredients:

- 4 avocados, prepared
- 2 tablespoons cilantro, chopped
- 2 tablespoons lime juice
- ¼ cup onion, chopped
- 2 tomatoes, chopped
- 2 drops **dōTERRA Mexican Cuisine Blend**
- Salt and pepper to taste

Instructions:

1. Mash the avocados in an appropriately size mixing bowl.
2. Once mashed, combine and mix the remaining ingredients and enjoy with the tortilla chips of your choosing.



MEXICAN-STYLE CHICKEN MARINADE

Yield: 2 Cups

Ingredients:

- ¼ cup soy sauce
- ½ cup lime juice
- ¼ cup sugar
- 2 tablespoons garlic, minced (approximately 6 cloves)
- 2 tablespoons cilantro, chopped (approximately ½ bunch)
- 1 teaspoon chili powder
- 2 drops **dōTERRA Mexican Cuisine Blend**
- 2 tablespoons salt
- 1 teaspoon black pepper
- 1 cup canola oil

Instructions:

1. Combine all the ingredients and allow the mixture to sit for 30 minutes before using.
2. Pour the marinade into a sealable plastic bag and add chicken.
3. Allow the chicken to sit in the marinade for 30 minutes or up to 12 hours in the refrigerator before cooking.



SPANISH RICE

Yield: 1 Quart

Ingredients:

2½ cups water or stock

¾ cup Simple Salsa (from **page 12**)

Salt and pepper to taste

2 drops **dōTERRA Mexican Cuisine Blend**

¼ cup canola oil

1½ cups rice

*Note: This recipe can be prepared in an Instant Pot® or rice cooker.

Instructions:

1. In a separate container, combine the water or stock, Simple Salsa, dōTERRA Mexican Cuisine Blend, and salt and pepper. Set aside.
2. Heat the canola oil in the pot until the surface shimmers. Add and sauté the rice until the grains begin turning golden.
3. Add the combined ingredients from the separate container to the rice. Allow the mixture to come to a boil for 1 minute, stirring so nothing sticks to the bottom of the pan.
4. Turn the heat down to low and place a heavy lid on top. Allow to sit for 20–30 minutes.



POZOLE

Yield: 2 Quarts

Ingredients:

- ¼ cup canola oil
- 2 cups pork or chicken, chopped
- 2 tablespoons garlic, minced (approximately 6 cloves)
- ½ cup hatch peppers, diced
- 2 cups Simple Salsa (from [page 12](#))
- 2 cups hominy
- 1½ quarts chicken stock
- 3 drops **dōTERRA Mexican Cuisine Blend**

Instructions:

1. Heat the canola oil in a pot until the surface shimmers. Add and sauté the pork or chicken, garlic, and hatch peppers until the meat is almost cooked.
2. Add the remaining ingredients to the pot and bring to a simmer for about 30 minutes.
3. Serve immediately with shaved cabbage, lime wedges, radish slices, and sour cream. Or cool and store properly for future use.

dōTERRA Tropical Cuisine Blend Recipes





HONEY SOY DRESSING

Yield: 2 Cups

Ingredients:

- ¼ cup soy sauce
- ½ cup honey
- 1 tablespoon garlic powder
- 2 tablespoons green onion, chopped
- 1 cup canola oil
- 2 tablespoons sesame oil
- 1 tablespoon sesame seed
- 2 drops **dōTERRA Tropical Cuisine Blend**

Instructions:

1. Combine the soy sauce, honey, garlic, green onion, and sesame seeds until the mixture is smooth and even.
2. Slowly whisk in the canola oil, sesame oil, and dōTERRA Tropical Cuisine Blend until the mixture is smoothly combined.
3. Use immediately or store properly for future use.

TERIYAKI MARINADE

Yield: 1 Quart

Ingredients:

- 1 cup soy sauce
- 2 cups fruit juice
- $\frac{1}{4}$ cup garlic, minced (approximately 12 cloves)
- $\frac{1}{4}$ cup pickled ginger, chopped
- $\frac{1}{2}$ cup sugar
- 2 tablespoons red pepper flakes
- Salt and pepper to taste
- 3 drops **dōTERRA Tropical Cuisine Blend**

Instructions:

1. Combine all ingredients.
2. Pour the marinade into a sealable plastic bag and add the food of your choice to it.
3. Allow the food to sit in the marinade for 30 minutes or up to 12 hours in the refrigerator before cooking.





ISLAND-STYLE CHICKEN SALAD

Yield: 1 Quart

Ingredients:

2 cups chicken, chopped
½ cup onion, chopped
½ cup celery, chopped
2 tablespoons garlic, minced (approximately 6 cloves)
½ cup crushed pineapple, strained
¼ cup macadamia nuts
2 tablespoons pickled ginger, chopped

2 tablespoons soy sauce

1 cup mayonnaise

3 drops **dōTERRA Tropical Cuisine Blend**

Salt and pepper to taste

Instructions:

1. Combine all the ingredients and mix thoroughly.
2. Serve cold and enjoy!

WILD TROPICAL SMOOTHIE

Ingredients:

- 1 cup frozen strawberries
- 1 cup frozen mango
- 1½ cup pineapple juice
- 1 drop **dōTERRA Tropical Cuisine Blend**

Instructions:

1. Combine all the ingredients in a blender.
2. Pour and enjoy.



FRUIT DIP

Ingredients:

- 2 cans full-fat coconut milk
- 2 tablespoons honey
- 1 drop **dōTERRA Tropical Cuisine Blend**
- ¼ teaspoon cinnamon (optional)
- Pinch of salt

Instructions:

1. Place the 2 cans of coconut milk in the refrigerator overnight, solidifying the coconut cream.
2. Spoon the coconut cream out of the cans and into a bowl, making sure to leave the liquid behind.
3. Whip the coconut cream with a hand mixer until smooth and creamy.
4. Add the honey, dōTERRA Tropical Cuisine Blend, and salt, as well as the cinnamon if desired.
5. Mix again using the hand mixer to ensure everything is evenly combined.
6. Serve cold with bananas, strawberries, blueberries, kiwis, or your favorite fruits.
7. Use an airtight container to store in the refrigerator for up to a week.



PARADISE PUNCH

Ingredients:

- 1 quart lemonade
- 1 drop **dōTERRA Tropical Cuisine Blend**
- 1 cup orange juice
- 2 cups tropical frozen fruit

Instructions:

1. Combine all the ingredients in a blender until smooth.
2. Pour the juice into a pitcher or cup.





TROPICAL OVERNIGHT OATS

Ingredients:

- ½ cup old-fashioned rolled oats
- 1 cup fresh mango, diced (or ¾ cup frozen mango)
- 1 tablespoon chia seeds
- 1 tablespoon almond butter
- ½ cup almond milk
- 1 drop **dōTERRA Tropical Cuisine Blend**

Instructions:

1. Combine all the ingredients together in an airtight container or jar and store overnight in the refrigerator.
2. After the oats have sat overnight, add toppings like bananas, mangoes, blueberries, kiwis, or coconut flakes. Enjoy!