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**Cuisine Blend
Collection Cookbook**



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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
- $\frac{1}{4}$ cup and 1 teaspoon garlic, minced (approximately 12 cloves)
- $\frac{1}{4}$ cup and 1 teaspoon extra virgin olive oil
- 2 tablespoons salt
- $\frac{1}{3}$ 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 **doTERRA 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!

dōTERRA Thai Cuisine Blend Recipes



THAI RED CURRY

Yield: 4 Servings

Ingredients:

2 tablespoons olive oil
 1 shallot, thinly sliced
 3 tablespoons Thai curry paste
 1 cup water
 1½ cups canned coconut milk
 ½ tablespoon fish sauce
 6 ounces chicken thighs
 (or protein of your choice), bite-sized
 1 cup golden potatoes, diced
 ½ cup bell pepper, thinly sliced
 ¼ cup bamboo shoots
 2 Thai red chilis (or bird's eye chilis), thinly sliced
 ¼ cup basil leaves
 2 drops **Thai Cuisine Blend**

Instructions:

1. In a large frying pan over medium heat, add the olive oil. When the oil is hot, add the shallots and cook for two minutes. Add the paste and cook for an additional two to three minutes.

Note: Be liberal with the curry paste, depending on your spice tolerance. Start with three to four tablespoons and add more as desired, one tablespoon at a time.

2. Add the water, one cup of the coconut milk, fish sauce, chicken (or meat of your choice), and potatoes to the pan. Stir and increase heat to high until the mixture begins to boil. Reduce heat to a simmer. Cook until the potatoes are fork tender—about 10–15 minutes.
3. Add the remaining half cup of coconut milk, bell peppers, bamboo shoots, red chilis, basil leaves, and Thai Cuisine Blend. Stir to blend.
4. Serve as is or over cooked rice.



DRUNKEN NOODLES

Yield: 4 Servings

Ingredients:

12 ounces dried rice noodles, wide
 1½ tablespoons sugar
 6 tablespoons oyster sauce
 4 tablespoons tamari sauce
 2 tablespoons mirin
 2 tablespoons water
 1 drop **Thai Cuisine Blend**
 3 tablespoons olive oil
 ½ cup bell pepper, thinly sliced
 ⅓ cup onion, thinly sliced
 1 tablespoon garlic, minced
 4 Thai red chilis (or bird's eye chilis), thinly sliced
 8 ounces shrimp (or protein of your choice)
 ⅔ cup green onion, sliced into 2-inch pieces
 2 eggs, scrambled
 ½ cup basil leaves
 3 tablespoons peanuts, crumbled

Instructions:

1. Prepare the noodles per package instructions.
2. In a small bowl, add the sugar, oyster sauce, soy sauce, mirin, water, and Thai Cuisine Blend. Whisk until blended.
3. Heat the olive oil in a large frying pan or wok over medium-high heat.
4. Add the bell peppers, onion, garlic, and chilis. Cook for one minute.
5. Add the shrimp and sauté until cooked through—about two to three minutes.
6. Add the cooked noodles, green onion, eggs, and sauce. Cook for one minute.
7. Remove from heat and immediately add the basil and peanuts. Toss until basil wilts.
8. Serve immediately.

Note: This dish is spicy. Depending on your tolerance, use more or fewer Thai chilis.



THAI CHICKEN SKEWERS WITH PEANUT SAUCE

Yield: 20 Skewers

Ingredients:

Marinade

- 2 tablespoons chili garlic sauce
- 1 tablespoon lime juice
- 2 tablespoons lemongrass, sliced
- ¼ cup basil leaves
- 1 drop **Thai Cuisine Blend**
- 2 cups canned coconut milk
- 1 teaspoon fish sauce

Chicken

- 2 pounds chicken thighs, boneless and skinless
- 20 bamboo skewers, soaked in water for 30 minutes

Peanut Sauce

- ¼ cup peanut creamy butter
- ½ tablespoon chili garlic sauce
- ½ tablespoon tamari sauce
- ⅓ cup water
- ½ tablespoon fish sauce
- 2 drops **Thai Cuisine Blend**

Instructions:

1. For the marinade, add two tablespoons chili garlic sauce, lime juice, lemongrass, basil leaves, one drop Thai Cuisine Blend, one teaspoon fish sauce, and coconut milk to a 9 x 13 baking pan. Stir until blended and set aside.
2. Cut the chicken into two-inch pieces. Thread onto the bamboo skewers and place in the marinade. Cover and refrigerate for one hour.
3. Heat a grill to medium-high heat. Brush the grill with olive oil and cook the chicken skewers for 10 minutes until cooked through or a meat thermometer reads 165°F. Turn the chicken while cooking so all sides are evenly cooked.
4. Remove the chicken from the grill and let rest for five minutes before serving.
5. For the peanut sauce, add the peanut butter, half tablespoon chili garlic sauce, soy sauce, water, half teaspoon fish sauce, sugar, and two drops Thai Cuisine Blend to a medium-sized bowl. Whisk until smooth.



THAI LIME COCONUT SOUP

Yield: 4 Servings

Ingredients:

1½ cups water
1 tablespoon lemongrass, finely chopped
2 tablespoons fish sauce
1½ teaspoons Thai chilis (or bird's eye chilis), thinly sliced
½ teaspoon ginger, grated or minced
2 tablespoons sugar
8 ounces shrimp (or protein of your choice)
½ cup oyster mushrooms, sliced
2 cups canned coconut milk
3 drops **Thai Cuisine Blend**
2½ tablespoons lime juice
1½ tablespoons garlic chili sauce
¼ cup cilantro
¼ cup green onion, cut into 2-inch pieces

Instructions:

1. Add the water, lemongrass, fish sauce, Thai chilis, ginger, and sugar to a medium-sized saucepan and cook for five minutes over medium-high heat.
2. Add the shrimp and simmer until cooked through—about three minutes.
3. Add the mushrooms and coconut milk. Cook for five minutes.
4. Remove from heat and add the lime juice, garlic chili sauce, cilantro, Thai Cuisine Blend, and green onion.
5. Serve immediately.





THAI-INSPIRED GREEN BEANS

Yield: 3 Servings

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 8 ounces green beans, fresh
- $\frac{1}{2}$ tablespoon tamari sauce
- $\frac{2}{3}$ cup water
- 2 tablespoons garlic chili sauce
- 1 tablespoon sugar
- 2 tablespoons peanuts, crumbled
- 1 drop **Thai Cuisine Blend**

Instructions:

1. In a large frying pan over medium heat, add the olive oil and garlic. Cook for one minute or until the garlic is golden brown.
2. Add the green beans, soy sauce, and water. Cover and cook until the green beans are tender—up to 10 minutes.
3. Remove from heat. Add the garlic chili sauce, sugar, peanuts, and Thai Cuisine Blend.
4. Toss and serve immediately.

THAI-INSPIRED LETTUCE WRAPS

Yield: 6 Servings

Ingredients:

2 tablespoons olive oil
½ cup onion, diced
2 stalks celery, small and diced
4 Thai chilis (or bird's eye chilis), thinly sliced
1 pound ground turkey
5 ounces water chestnuts, diced
2 tablespoons tamari sauce
¼ cup oyster sauce
1 tablespoon mirin
1 tablespoon sugar
1 drop **Thai Cuisine Blend**
1 head butter lettuce
1 large carrot, thinly sliced
1 green onion, thinly sliced
3 tablespoons peanuts, crumbled

Note: This dish is spicy. Depending on your tolerance, use more or fewer Thai chilis.

Instructions:

1. Heat the olive oil in a large frying pan over medium-high heat. Once the olive oil is heated and fragrant, add the onion, celery, and chilis. Cook for three minutes or until the onion is translucent.
2. Add the turkey and cook until all the pink has disappeared. Crumble it as it browns.
3. Stir in the water chestnuts, soy sauce, oyster sauce, mirin, sugar, and Thai Cuisine Blend.

To serve, place a few spoons full of the turkey mixture in the center of one lettuce leaf and garnish with slices of carrots, green onion, and crumbled peanuts.





BERRIES & CREAM

Yield: 6 Servings

Ingredients:

2 cups heavy cream
1 cups fresh berries
4–5 drops of **dōTERRA® Tropical Cuisine Blend**

Instructions:

1. Add heavy cream to mixer and mix on medium-high for three minutes.
2. Add dōTERRA® Tropical Cuisine Blend.
3. Mix for an additional three minutes or until soft peaks begin to form.
4. Scoop into container and let rest for 20 minutes.
5. Add berries on top & serve.

SEAFOOD MEDLEY CURRY

Yield: 6 Servings

Ingredients:

3 cups coconut milk
4 tbsp olive oil
2 tbsp garlic
3 tbsp ginger paste
3 tbsp curry powder
3 tbsp honey
1 bunch chopped cilantro
1 stick lemongrass
3 cups preferred seafood (scallops, calamari, shrimp or mussels)
4–6 drops of **dōTERRA® Thai Cuisine Blend**
Salt and pepper, to taste

Instructions:

1. Heat pot on low heat. Add olive oil, garlic & ginger paste. Sauté for two to three minutes, or until garlic becomes fragrant.
2. Add seafood, coconut milk, curry, honey, salt & pepper. Simmer for additional 30 minutes.
3. Add juice from limes, cilantro and dōTERRA® Thai Cuisine Blend.
4. Simmer for 15 minutes.
5. Allow to rest for 5–7 minutes. Serve while warm.

ITALIAN SAUSAGE & POTATO SOUP

Yield: 6 Servings

Ingredients:

½ cup diced onion
¼ cup minced garlic
½ cup diced carrots
½ cup diced celery
2 cups diced potato
½ cup olive oil
4 cups chicken stock
4 C heavy cream
5 Italian Sausages
5 sprigs of fresh thyme
6–10 drops of **dōTERRA® Italian Cuisine Blend**
Salt and pepper, to taste

Instructions:

1. Dice carrots, celery, potato, and onion.
2. Heat olive oil in large pan & sauté vegetables until tender.
3. Slice or cube sausage. Add sausage and garlic to pan. Cook for two to three minutes.
4. Add chicken stock and fresh thyme. Let simmer for 30 minutes on low heat.
5. Add cream and dōTERRA® Italian Cuisine Blend.
6. Salt and pepper to taste. Let simmer for an additional 20 minutes.

DECONSTRUCTED STREET ELOTE

Yield: 4 Servings

Ingredients:

4 cups cooked corn
½ cup fresh queso fresco
½ cup sour cream
Cilantro, to taste
4–5 drops of **dōTERRA® Mexican Cuisine Blend**

Instructions:

1. For frozen corn, bring kernels to a boil, then drain.
2. Add salt & fresh queso to corn. Stir.
3. For the crema, combine sour cream, cilantro and drops of dōTERRA® Mexican Cuisine Blend.
4. Plate corn & queso and add dollop of cilantro lime crema on top. Serve immediately.