Nutrition Line Cookbook
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dōTERRA
Greens Recipes

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
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.
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 doTERRA 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
1/2 cup pumpkin seeds
1 1/2 teaspoons cinnamon
1/4 cup almonds
12 Wasa® crackers, crumbled
7 ounces Greek or coconut milk yogurt
1 scoop Vanilla doTERRA 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 doTERRA Protein into yogurt until smooth.
6. Garnish with fresh fruit, honey, granola, and shaved coconut. Enjoy!
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

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.
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!
⅔ 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

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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

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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

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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
⅔ cup coconut 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
⅔ cup coconut milk
2 scoops Vegan dōTERRA Protein
2 cups raspberries, frozen
1 banana, frozen
1 drop Lime essential oil

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