



*introducing*  
dōTERRA nutrition

Glow from the inside out!





# Welcome

The dōTERRA® nutrition range is now a permanent product in the Australian and New Zealand market. I created this eBook so you can learn about these product line before purchasing or to support you as you start to integrate this into your wellbeing routines!

Give your body everything it needs to thrive and find the energy, clarity and resilience you need to live life to the fullest.

This range supports gut health, immunity and digestion and boosts your metabolism, collagen and energy levels. Its a power-packed range of Protein Powders, Fibre & Greens.

Scientifically formulated with raw superfood ingredients and fortified with pure CPTG essential oils, doTERRA Nutrition supplements a healthy diet, promoting a natural state of optimum health.

GLUTEN FREE · VEGAN · HALAL CERTIFIED · NO ARTIFICIAL SUGARS

Even if we are careful with what we put into our bodies and intentional with our diet, we may not be getting enough of certain nutrients. Read on to learn more about the dōTERRA® nutrition range and why you might like to include it in your daily routine to improve your health and wellness.

**Glow from the inside out!**







about  
the range



\$67 AUD  
\$73 NZ  
800g

# Nutrition Protein

It seems like everyone is talking about protein these days, but it can be daunting and confusing to sort through all the protein powder options in the market!! How do you know which source you should trust? dōTERRA's mission to Pursue What's Pure carries over to all products, including the scientifically studied ingredients sourced to formulate the quality offering of dōTERRA Proteins.

Even if we are careful with what we put into our bodies and are intentional with our diet, we may not be getting enough of certain nutrients, like protein. dōTERRA Proteins were specifically formulated to supplement areas of the modern diet that fall short in providing fuel to our body. Protein is an important macronutrient and crucial for building muscle, managing appetite, and helping the body recover after workouts. Protein is also necessary to provide the body with energy and stamina to perform functions like building cells and supporting a healthy immune system response. Reducing sugar consumption is also an important aspect of improving your diet and overall health. dōTERRA Protein is free from refined sugars and is a great tool to use in a Keto or other high protein/low carb diets.

## PRODUCT USAGE

dōTERRA Protein shakes are ideal for blending into your own, customised creations. The flavours are delicious and creamy on their own but are neutral enough to add nutritious additions like fruit or vegetables. Enjoy daily to fuel your body and support muscle growth and recovery.

### Vanilla Protein

SKU 60218845

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 40 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	616 kJ (147 Cal)	1540 kJ (368 Cal)
Protein	22.6 g	56.4 g
- Gluten	Nil detected	Nil detected
Fat, total	2.5 g	6.3 g
- Saturated	1.3 g	3.3 g
Carbohydrate	5.0 g	12.4 g
- Sugars	2.8 g	6.9 g
Dietary Fibre	7.0 g	17.5 g
Sodium	110 mg	276 mg
Potassium	118 mg	294 mg
Calcium	184 mg (23% RDI*)	461 mg
Collagen	1.0 g	2.5 g
Bacillus Coagulans	100 million CFU	250 million CFU
<b>ESSENTIAL AMINO ACID</b>		
Isoleucine	1160 mg	2890 mg
Leucine	2160 mg	5400 mg
Lysine	1860 mg	4640 mg
Hydroxylysine	14 mg	34 mg
Methionine	464 mg	1160 mg
Phenylalanine	836 mg	2090 mg
Threonine	1280 mg	3210 mg
Tryptophan	361 mg	903 mg
Valine	1270 mg	3170 mg
<b>NON-ESSENTIAL AMINO ACID</b>		
Alanine	1020 mg	2560 mg
Aspartic Acid	1940 mg	4850 mg
Cysteine	383 mg	957 mg
Glutamic Acid	3920 mg	9800 mg
Glycine	584 mg	1460 mg
Proline	1600 mg	4000 mg
Hydroxyproline	112 mg	280 mg
Serine	1080 mg	2690 mg
Tyrosine	792 mg	1980 mg
Arginine	660 mg	1650 mg
Histidine	436 mg	1090 mg
<b>*Recommended Daily Intake</b>		
<b>INGREDIENTS:</b> Whey protein concentrate (44%), calcium caseinate (18%), soluble tapioca fibre, natural flavouring, golden flaxseed meal, hydrolysed collagen (bovine), thickeners (organic gum acacia, organic guar gum, organic xanthan gum), hydrolysed gluten free oat flour, cream powder, sea salt, sweeteners (steviol glycoside, monk fruit), probiotic ( <i>Bacillus coagulans</i> ).		
<b>Contains Milk. May contain soy, almond, hazelnut, sesame seeds and egg.</b>		





\$67 AUD  
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800g

# Whey Protein

## WHEY PROTEIN WITH COLLAGEN AND PROBIOTICS

Available in chocolate and vanilla flavours.

Protein mixes well with water, non-fat dairy, almond, rice, or coconut milk. Add fruit, veggies, nuts, or yogurt for an energising and satisfying treat or protein supplement.

Using whey from grass-fed cows, free from GMO, gluten, soy, growth hormones, and synthetic ingredients

### WHEY PROTEIN BENEFITS:

- Contains 22 grams of high-quality protein per serve to help build muscle tissue and aid in post-workout recovery.
- Includes 7 grams of fibre per serving.
- Contains collagen to help support and promote smooth, elastic skin and reduce the appearance of wrinkles.
- Contains probiotics to help support a healthy gut.
- Easy to digest without causing gas or bloating.

### Chocolate Protein SKU 60218844

#### NUTRITION INFORMATION

Servings per package: 19  
Serving size: 42 g

	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	651 kJ (156 Cal)	1550 kJ (371 Cal)
Protein	22.4 g	53.4 g
- Gluten	Nil detected	Nil detected
Fat, total	2.9 g	6.8 g
- Saturated	1.5 g	3.6 g
Carbohydrate	6.4 g	15.2 g
- Sugars	4.7 g	11.1 g
Dietary Fibre	6.7 g	15.9 g
Sodium	93 mg	221 mg
Potassium	116 mg	277 mg
Calcium	182 mg (23% RDI*)	432 mg
Collagen	1.0 g	2.5 g
Bacillus Coagulans	100 million CFU	250 million CFU
<b>ESSENTIAL AMINO ACID</b>		
Isoleucine	1140 mg	2720 mg
Leucine	2140 mg	5100 mg
Lysine	1840 mg	4380 mg
Hydroxylysine	14 mg	34 mg
Methionine	458 mg	1090 mg
Phenylalanine	827 mg	1970 mg
Threonine	1270 mg	3030 mg
Tryptophan	357 mg	850 mg
Valine	1250 mg	2980 mg
<b>NON-ESSENTIAL AMINO ACID</b>		
Alanine	1020 mg	2420 mg
Aspartic Acid	1920 mg	4580 mg
Cysteine	379 mg	903 mg
Glutamic Acid	3860 mg	9190 mg
Glycine	580 mg	1380 mg
Proline	1580 mg	3750 mg
Hydroxyproline	112 mg	267 mg
Serine	1060 mg	2530 mg
Tyrosine	781 mg	1860 mg
Arginine	655 mg	1560 mg
Histidine	433 mg	1030 mg

#### \*Recommended Daily Intake

**INGREDIENTS:** Whey protein concentrate (42%), calcium caseinate (16%), soluble tapioca fibre, cocoa powder, golden flaxseed meal, cream powder, natural flavouring, hydrolysed collagen (bovine), hydrolysed gluten free oat flour, thickeners (organic gum acacia, organic guar gum, organic xanthan gum), sea salt, sweeteners (steviol glycoside, monk fruit), probiotic (Bacillus coagulans).

**Contains Milk. May contain soy, almond, hazelnut, sesame seeds and egg.**



\$67 AUD  
\$73 NZ  
800g

# Vegan Plant Protein

## VEGAN PLANT PROTEIN

Using a blend of pea, brown rice, fava bean and pumpkin seed protein, free from GMO, gluten, soy and synthetic ingredients, dōTERRA Vegan Protein mixes well with water, almond, rice, or coconut milk.

Add fruit, veggies, or nuts for an energising and satisfying treat or protein supplement.

## VEGAN PROTEIN BENEFITS:

- Contains 22 grams of protein • per serve, but in a completely vegetable-based formula.
- Each serve contains 48% of the Recommended Daily Intake • of Iron, an essential nutrient which supports healthy blood, concentration, and energy levels.
- Protein is easy to digest without causing gas or bloating.

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 40 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	580 kJ (139 Cal)	1450 kJ (347 Cal)
Protein	22.9 g	57.3 g
- Gluten	Nil detected	Nil detected
Fat, total	1.7 g	4.4 g
- Saturated	0.3 g	0.7 g
Carbohydrate	3.9 g	9.8 g
- Sugars	1.5 g	3.8 g
Dietary Fibre	7.6 g	18.9 g
Sodium	174 mg	435 mg
Potassium	21 mg	54 mg
Iron	5.8 mg (48% RDI*)	14.5 mg
<b>ESSENTIAL AMINO ACID</b>		
Isoleucine	1040 mg	2600 mg
Leucine	1890 mg	4730 mg
Lysine	1290 mg	3230 mg
Methionine	331 mg	828 mg
Phenylalanine	1250 mg	3130 mg
Threonine	840 mg	2100 mg
Tryptophan	247 mg	618 mg
Valine	1270 mg	3170 mg
<b>NON-ESSENTIAL AMINO ACID</b>		
Alanine	1090 mg	2720 mg
Aspartic Acid	2300 mg	5760 mg
Cysteine	444 mg	1110 mg
Glutamic Acid	3960 mg	9900 mg
Glycine	920 mg	2300 mg
Proline	1000 mg	2500 mg
Serine	1140 mg	2860 mg
Tyrosine	868 mg	2170 mg
Arginine	1910 mg	4770 mg
Histidine	564 mg	1410 mg

**\*Recommended Daily Intake**

**INGREDIENTS:** Organic yellow pea protein (34%), organic brown rice protein (30%), tapioca fibre, natural flavouring, flaxseed powder, sunflower oil powder, yeast beta glucan (saccharomyces cerevisiae), oat flour, fava bean protein (0.8%), organic quinoa, thickeners (organic gum acacia, organic guar gum, organic xanthan gum), pumpkin seed protein (0.3%), sea salt, sweeteners (steviol glycoside, monk fruit extract).







\$35 AUD  
\$38 NZ  
350g

# Nutrition Fibre

It's important for adults to get 28 grams of soluble and insoluble fibre every day.

Soluble fibre can help control appetite and optimise blood sugar levels. Insoluble fibre can help keep your digestive system healthy.

Even with a healthy diet, most people only get half the amount of fibre they need.

## PRIMARY BENEFITS:

- Contains 7 grams of high-quality dietary fibre per serve derived from wholefood sources like apple, chicory root, Jerusalem artichoke, and flaxseed. dōTERRA Fibre includes CPTG® Lemon essential oil for a great taste and a unique prebiotic blend to support a healthy microbiome.
- An excellent source of Vitamin C to support a healthy immune system.
- Contains prebiotics to support the growth of healthy gut microbes.

Fibre		
NUTRITION INFORMATION		
Servings per package: 31		
Serving size: 11 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	112 kJ (27 Cal)	1020 kJ (244 Cal)
Protein	0.5 g	4.6 g
- Gluten	Nil detected	Nil detected
Fat, total	0.5 g	4.6 g
- Saturated	0.1 g	0.7 g
Carbohydrate	17.7 g	158.8 g
- Sugars	1.4 g	12.7 g
Dietary Fibre	7.0 g	63.5 g
Sodium	1 mg	6 mg
Potassium	2 mg	14 mg
Vitamin C	200 mg (500% RDI*)	1820 mg
	0.10 mg (1% RDI*)	0.94 mg

**\*Recommended Daily Intake**

**INGREDIENTS:** Apple fibre (34%), t apioca fibre (31%), prebiotic blend [fructooligosaccharide (from chicory root & organic Jerusalem artichoke), isomaltooligosaccharide], flaxseed powder, guar gum, citric acid, vitamin C (ascorbic acid), lemon peel oil, sweetener (steviol glycoside), natural flavouring.



\$67 AUD  
\$73 NZ  
350g

# Nutrition Greens

There are many reasons you may not be getting the recommended amount of fruits and vegetables in your diet. It's expensive, preparation can be time consuming, and you may feel unsure of how much you really need to eat.

dōTERRA Greens was created to supplement your fruit and vegetable intake with responsibly sourced, wholesome ingredients. dōTERRA Greens is a convenient and tasty way to provide your body with essential nutrients and dietary fibre to enhance overall wellness.

With pure, plant-sourced, and nourishing ingredients, dōTERRA Greens supports healthy immune function, digestion, weight management and energy.

A mix of raw superfood ingredients are packed in dōTERRA Greens to give your mind and body a nutritious boost. One scoop of dōTERRA Greens powder provides the nutritional equivalency of approximately one to two serves of fruits and vegetables. Key ingredients include moringa, acai, cabbage, collard greens, dandelion, kale, parsley, spinach leaf, alfalfa, barley grass, oat grass, pineapple, mango, gojiberry, as well as Lemon and Ginger CPTG® essential oils.

## NUTRITION INFORMATION

Servings per package: 29

Serving size: 12 g

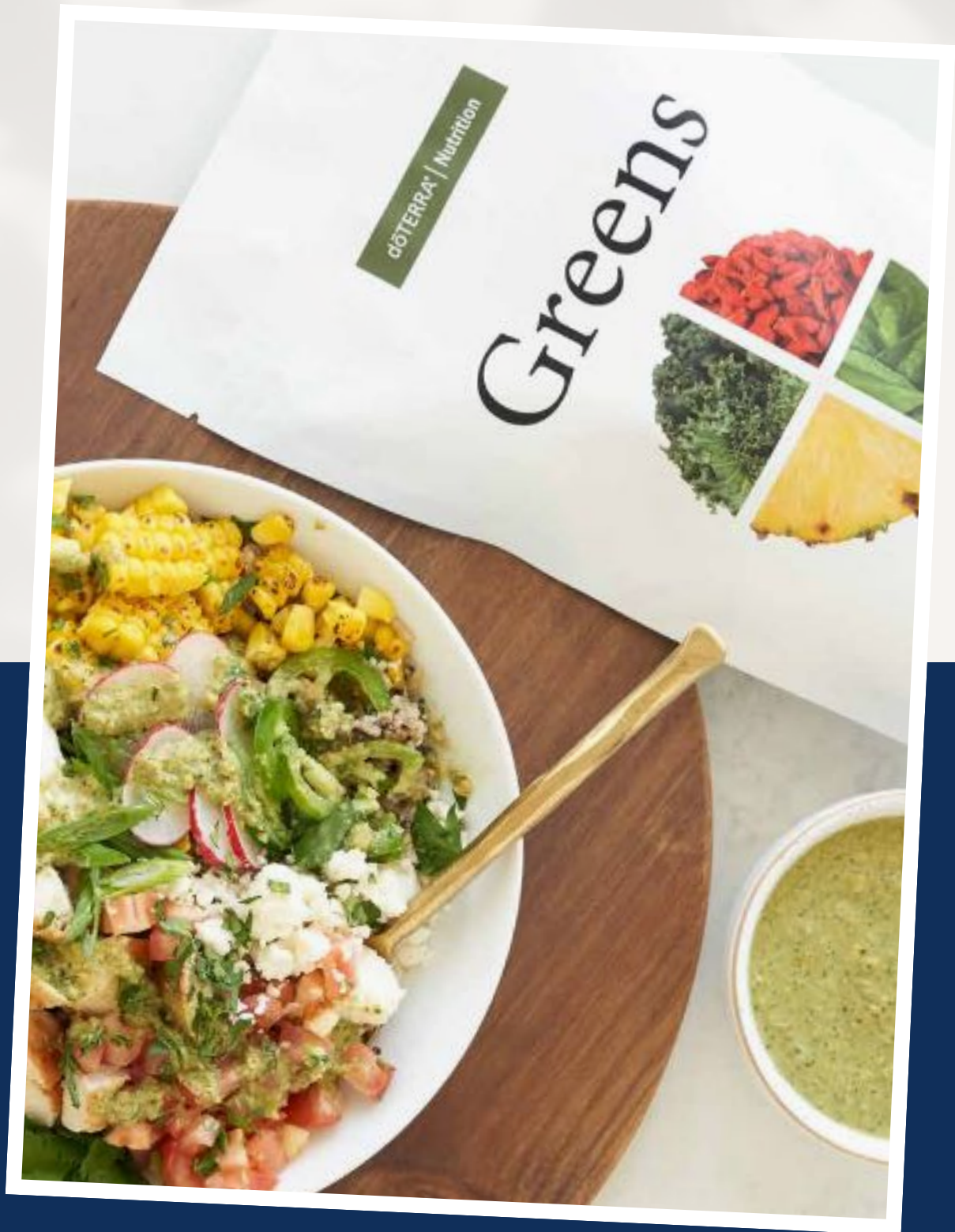
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	175 kJ (42 Cal)	1460 kJ (349 Cal)
Protein	1.9 g	16.2 g
- Gluten	Nil detected	Nil detected
Fat, total	0.9 g	7.3 g
- Saturated	0.1 g	0.9 g
Carbohydrate	5.5 g	45.8 g
- Sugars	2.0 g	16.6 g
Dietary Fibre	2.1 g	17.2 g
Sodium	28 mg	230 mg
Potassium	60 mg	503 mg
Vitamin C	26 mg (65% RDI*)	216 mg
Calcium	8 mg (1% RDI*)	66 mg

### \*Recommended Daily Intake

**INGREDIENTS:** Proprietary greens blend (58%) (organic kale powder, organic alfalfa powder, organic wheat grass powder, dandelion leaf powder, organic spinach leaf powder, parsley leaf powder, oat straw powder, organic barley grass powder, organic chlorella powder, oat grass juice powder, cabbage leaf powder, collard greens leaf powder, organic broccoli powder), fruit blend (pineapple juice powder, apple powder, mango powder, organic acerola powder), superfood blend (organic spirulina, noni extract, acai extract, mangosteen fruit powder, goji berry extract), sunflower lecithin, natural flavouring, thickeners (guar gum, gum acacia, xanthan gum), acidity regulator (citric acid), sweeteners (steviol glycoside, monk fruit extract), CPTG® essential oil blend (lemon peel essential oil, ginger root essential oil).

## PRIMARY BENEFITS:

- Provides the equivalent of 1-2 serves of fruits and vegetables.
- Good source of dietary fibre.
- May support normal metabolism.
- Natural, Non-GMO, gluten-free, and vegan friendly.
- Neutral, mixed berry flavour ideal for smoothies and DIY concoctions.



*nutrition*  
*recipes*





## **DARK CHOCOLATE PROTEIN OVERNIGHT OATS**

Yields 2 servings

### **Ingredients:**

- 1 cup 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.*



## BLUEBERRY FIBRE PANCAKES AND SYRUP

Yields 8 large pancakes

Yields 1 ½ cups of blueberry syrup

### Ingredients:

- 3 cups blueberries, frozen
- ¾ tablespoon non-GMO cornstarch
- ¼ teaspoon lemon juice
- 1-2 tablespoons sugar
- 1 cup almond milk
- ½ cup buttermilk
- ¼ cup butter, melted
- 2 tablespoons honey
- 2 large organic eggs
- 1 ½ cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1 scoop dōTERRA Fibre

### Pancake Instructions:

1. In a bowl, mix the almond milk, buttermilk, butter, honey, eggs, whole wheat flour, baking soda, vanilla, and dōTERRA Fibre until smooth. Can also mix in your favourite berries, diced apples, or nuts into the batter, if desired.
2. Heat an oiled fry pan 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. 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 mixture in a blender.



## **VANILLA PROTEIN BALLS**

Yields 12 protein balls

### **Ingredients:**

- 1 tablespoon honey
- ½ cup natural cashew, almond, or peanut butter
- 1 cup oats
- ¼ cup coconut, shredded
- ¼ teaspoon cinnamon
- 1 scoop Vanilla dōTERRA Protein
- 1 ½ tablespoons water
- ¼ cup chocolate chips

### **Instructions:**

1. In a large-sized bowl, combine all the ingredients and mix until incorporated.
2. Using a teaspoon or your hands, roll out 12 balls. Enjoy!
3. Store in an airtight container for up to 7 days.





## **SUPER GREEN ROASTED GARLIC HUMMUS**

Yields 2 cups

### **Ingredients:**

- 1 can chickpeas, 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:**

- Preheat the oven to 180°C.
- Cut the top of the garlic bulb so the cloves are exposed.
- Place the bulb—cut side up—on a sheet of aluminium foil and fold the ends over the garlic.
- Roast for 45 minutes or until the garlic is soft and tender.
- Remove and allow to cool, then squeeze the roasted garlic out, starting from the root.
- Place all the ingredients in a food processor, puree until smooth, and enjoy!
- Store in an airtight container in the refrigerator for up to 7 days.



## 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 180°C.
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!

### 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!







# Protein



Vanilla  
Dietary Supplement  
NET WT 20 oz (1 lb 12 oz) (744 g) | 20 Servings



## PROTEIN YOGHURT PARFAIT

Yields 4 cups of granola

### Ingredients:

- 1 cup oats
- 2 tablespoons chai seeds
- 3 tablespoons flaxseeds
- ½ cup pumpkin seeds
- 1 ½ teaspoons cinnamon
- ¼ cup almonds
- 12 multigrain crackers, crumbled
- 200ml Greek or coconut milk yogurt
- 1 scoop Vanilla dōTERRA Protein

### Instructions:

1. Preheat the oven to 180 °C.
2. Spray a baking sheet with cooking spray.
3. Smooth the granola mixture (oats, chai seeds, flaxseeds, pumpkin seeds, cinnamon, almonds, and 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!

# Plant Protein



Vegan

Dietary Supplement

NET WT 27 oz (1 lb 11 oz) (776 g) | 20 Servings



## VEGAN PEANUT BUTTER BARS

Yields 12 bars

### Ingredients:

- 1 cup natural cashew, almond, or peanut butter
- ½ cup honey
- 2 cups 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.



## 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.





## 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 can black beans, rinsed and drained
- 1 can corn, rinsed and drained
- 4 cups precooked brown rice
- 2 small Roma tomatoes, diced
- ½ cup queso fresco cheese or mild feta, 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 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.
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.



## FIBRE OAT CUPS

Yields 1 ½ dozen

### Ingredients:

- 3 ripe bananas
- 1 ½ cups coconut, almond, or vanilla oat milk
- ¼ cup honey
- 1 teaspoon vanilla
- 2 large organic eggs
- 3 cups oats
- 2 teaspoons baking soda
- 1 ½ teaspoons cinnamon
- 1 teaspoon kosher salt
- 2 tablespoons chai seeds
- 2 scoops dōTERRA Fibre
- ⅔ cup chocolate chips

### Instructions:

1. Preheat the oven to 180°C.
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.





*nutrition*  
smoothie recipes



# Greens



## GET YOUR GREENS

- 350-400mls water
  - 2 scoops dōTERRA Greens
  - 1 handful spinach
  - ½ banana, frozen
  - ½ avocado
  - 1 handful ice cubes
  - 1 drop Lime essential oil
- (2 servings)

## THE BLUEBERRY PATCH

- 350-400mls water
  - 2 scoops dōTERRA Greens
  - 1 banana, frozen
  - ⅓ cup blueberries, frozen
  - 1 handful ice cubes
  - 1 drop Lemon oil
- (2 servings)

## MIXED BERRY BLAST

- 350-400mls water
  - 2 scoops dōTERRA Greens
  - 1 cup mixed berries
  - 1 handful ice cubes
  - 1 drop Lime essential oil
- (2 servings)

## PB AND J

- ½ cup nut milk
  - 2 scoops dōTERRA Greens
  - ½ cup strawberries, frozen
  - 1 banana, frozen
  - ½ cup raspberries
  - 1 tablespoon peanut butter
  - 1 drop Lemon essential oil
- (2 servings)

## ISLAND DAYDREAM

- 350-400mls coconut milk
  - 2 scoops dōTERRA Fibre
  - ½ cup mango
  - ½ cup papaya
  - ½ cup pineapple
  - 1 handful ice cubes
  - 1 drop Wild Orange oil
- (2 servings)

## MANGO ON THE GO

- ½ cup cashew or almond milk
  - 2 scoops dōTERRA Fibre
  - 1 cup raspberries, frozen
  - 1 cup mango, frozen
  - 1 drop Lime essential oil
- (2 servings)

## CINNAMON APPLE SWIRL

- ½ cup cashew or almond milk
  - 2 scoops dōTERRA Fibre
  - 1 cup apple slices
  - 1 tablespoon almond butter
  - Dash of cinnamon
  - 1 handful ice cubes
  - 1 toothpick swirl Cinnamon essential oil
- (2 servings)

## 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 essential oil
- (2 servings)









## PEANUT BUTTER BLISS

- 350-400mls water
  - 2 scoops Chocolate dōTERRA Protein
  - 1 banana, frozen
  - 1 tablespoon peanut butter
  - 1 toothpick swirl Cinnamon Bark essential oil
- (2 servings)

## RASPBERRY RUSH

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

## BERRY GOOD MORNING

- 350-400mls water
  - 2 scoops Chocolate dōTERRA Protein
  - 1 cup mixed berries
  - 1 banana
  - ¼ cup oats
  - 1 handful ice cubes
  - 1 drop Lime essential oil
- (2 servings)

## 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 essential oil
- (2 servings)

## TROPICAL DREAM

- 350-400mls coconut water
- 2 scoops Vegan dōTERRA Protein
- 1 banana, frozen
- 1 cup strawberries
- 1 drop Wild Orange essential oil

(2 servings)

## 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

(2 servings)

## WILD ORANGE SWEET TREAT

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

(2 servings)

## 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

(2 servings)

Plant  
Protein



Vegan



dōTERRA | Nutrition

# Whey Protein



## KIWI STRAWBERRY SPLASH

- 350-400mls water
  - 2 scoops Vanilla dōTERRA Protein
  - 1 kiwi, peeled
  - ½ cup strawberries
  - 1 handful ice cubes
  - 1 drop Lemon oil
- (2 servings)

## 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
- (2 servings)

## COOL BERRY TWIST

- ½ cup almond milk
  - 2 scoops Vanilla dōTERRA Protein
  - ½ cup strawberries, frozen
  - ⅓ cup blueberries
  - ⅓ cup plain yoghurt
  - 1 drop Lemon oil
- (2 servings)

## 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 yoghurt
  - 1 drop Grapefruit oil
- (2 servings)





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