

Holiday dōTERRA Treats

Recipe Book



Chocolate Avocado Mousse

THIS MOUSSE IS GLUTEN - FREE, DAIRY - FREE, AND YOUR MOUTH WILL BE NONE THE WISER.

INGREDIENTS

2 BARS (OR 6 OZ.) DAIRY - FREE FINE CHOCOLATE
2 LARGE RIPE AVOCADOS
2 TABLESPOONS UNSWEETENED NATURAL COCOA POWDER
2 TEASPOONS VANILLA BEAN PASTE
1 VANILLA BEAN POD
6 TABLESPOONS MAPLE SYRUP
¼-½ CUP SUGAR
1 (5.4 OZ.) CAN OF COCONUT CREAM
6-12 DROPS PEPPERMINT OIL

INSTRUCTIONS

CUT ONE BAR IN HALF, RESERVING HALF OF ONE BAR FOR SHAVINGS.
PLACE A HEATPROOF BOWL OVER A PAN OF SIMMERING WATER, MAKING SURE THE BASE DOESN'T TOUCH THE WATER.
BREAK THE REMAINING CHOCOLATE INTO THE BOWL AND STIR, ALLOWING IT TO MELT. ONCE MELTED, SET ASIDE TO COOL SLIGHTLY.
MEANWHILE, HALVE AND STONE THE AVOCADOS, THEN SCOOP THE FLESH INTO A FOOD PROCESSOR OR BLENDER, DISCARDING THE SKINS.
SPLIT THE VANILLA BEAN POD DOWN THE MIDDLE, SCOOP OUT THE BEANS, AND ADD THEM TO THE FOOD PROCESSOR.
ADD THE REMAINING INGREDIENTS AND PULSE FOR A FEW SECONDS. SCRAPE DOWN THE SIDES WITH A SPATULA, THEN PULSE AGAIN TO COMBINE.
POUR IN THE COOLED CHOCOLATE, THEN PULSE A FINAL TIME UNTIL CREAMY AND SMOOTH.
PUT INTO DESIRED SERVE WARE, THEN POP IN THE FRIDGE TO CHILL FOR AT LEAST 30 MINUTES. SERVE WITH AN EXTRA GRATING OF CHOCOLATE.



JOANNA RUSLING

Mini Pumpkin Pies

THIS PUMPKIN PIE IS A CREAMY, SWEET DESSERT PERFECT FOR THE HOLIDAYS. THE COMBINATION OF CINNAMON, GINGER, AND CLOVE MAKES FOR A PUMPKIN PIE FILLING THAT IS WARM AND SPICY. THESE INDIVIDUAL SERVINGS ARE THE PERFECT WAY TO FINISH OFF A DELICIOUS MEAL.

INGREDIENTS:

2 CUPS PUREED PUMPKIN
1 LARGE EGG
¼ CUP EGG WHITES
½ CUP MILK OF CHOICE
3 TEASPOON MELTED BUTTER
OR
COCONUT OIL
⅓ CUP BROWN SUGAR OR
HONEY
2 TABLESPOONS VANILLA
EXTRACT
¼ TEASPOON GROUND NUTMEG
2 DROPS CLOVE OIL
2 DROPS GINGER OIL
3 DROPS CASSIA OR CINNAMON
BAKED OIL
1 UNCOOKED PIE CRUST



INSTRUCTIONS

PREHEAT OVEN TO 350° F.

TAKE PIE CRUST AND CUT OUT CIRCLES TO FIT INSIDE GREASED MUFFIN TIN. DON'T ROLL THE DOUGH OUT TOO THIN OR ELSE THE PIE WILL FALL APART AFTER ITS COOKED.

IN A BLENDER OR FOOD PROCESSOR, BLEND ALL INGREDIENTS UNTIL SMOOTH.

EVENLY DIVIDE THE PIE FILLING INTO PIE CRUST.

BAKE FOR 30-45 MINUTES OR UNTIL CRUST LIGHTLY BROWNS AND WHEN A TOOTHPICK INSERTED INTO THE PIES COME OUT CLEAN.

LET SIT FOR 10 MINUTES, OR UNTIL COOL. GENTLY REMOVE FROM PAN AND REFRIGERATE.

TIP: IF YOU WANT TO MAKE A WHOLE PIE RATHER THAN MINI PIES, THIS RECIPE WILL MAKE ONE MEDIUM SIZED PIE.

Gingerbread Cookies

THESE DELICIOUS GINGERBREAD COOKIES WILL BE A HUGE HIT DURING YOUR NEXT HOLIDAY EVENT. THESE COOKIES ARE GLUTEN-FREE, SUGAR-FREE, AND VEGAN, SO YOU CAN HAPPILY OFFER THEM TO YOUR FRIENDS AND FAMILY WHO HAVE DIET RESTRICTIONS. PLUS, THEY TASTE GREAT AND CAN BE ENJOYED BY ALL.

INGREDIENTS

1 1/3 CUP BUCKWHEAT FLOUR
2/3 CUP TAPIOCA FLOUR
2/3 CUP SORGHUM FLOUR
1 TABLESPOON CHIA SEED MEAL
1 TABLESPOON FLAX SEED MEAL
1/3 CUP OF COCONUT PALM SUGAR
1/2 TEASPOON BAKING POWDER
1/2 TEASPOON BAKING SODA
1/4 TEASPOON SALT
1/2 TEASPOON NUTMEG
2 DROPS CINNAMON BARK OIL
2 DROPS GINGER OIL
2 DROPS CLOVE OIL
1/2 CUP COCONUT OIL
1/4 CUP UNSWEETENED APPLESAUCE
3 TABLESPOONS WATER
3 TABLESPOONS MOLASSES
1 TEASPOON APPLE CIDER VINEGAR
45 DROPS LIQUID - STEVIA

INSTRUCTIONS

PREHEAT OVEN TO 350° F
COMBINE DRY INGREDIENTS IN BOWL AND WHISK.
COMBINE WET INGREDIENTS IN BOWL AND MIX UNTIL WELL COMBINED.
ADD ESSENTIAL OILS.
ADD DRY INGREDIENTS TO WET INGREDIENTS ON SLOW SPEED UNTIL COMBINED.
PUT A SMALL HANDFUL OF BUCKWHEAT FLOUR ONTO CLEAN SURFACE AND PLACE DOUGH ON TOP.
ROLL UNTIL 1/4-1/2 INCH THICK.
TAKE COOKIE CUTTER AND CUT OUT SHAPES.
PLACE CUTOUTS ONTO COOKIE SHEET.
BAKE FOR 12-15 MINUTES OR UNTIL DONE. REMOVE FROM OVEN AND LET COOL.
TOP WITH ICING IF DESIRED.



JOANNA RUSLING

Mock Cranberry-Lime Spritzer

SPECIALTY DRINKS ARE AN EASY AND DELICIOUS WAY TO GET INTO THE HOLIDAY SPIRIT. THIS MOCK CRANBERRY AND LIME SPRITZER IS A FESTIVE, FUN, AND DELICIOUS ADDITION TO COMPLEMENT ANY MEAL DURING THE HOLIDAYS.

INGREDIENTS

CRANBERRY JUICE
SPARKLING WATER OR LEMON -
LIME SODA
ICE CUBES
LIME OIL ★
★ ★



INSTRUCTIONS

FILL GLASS WITH ICE AND POUR SPARKLING WATER OR LEMON - LIME SODA HALF WAY.

FILL ADDITIONAL HALF OF GLASS WITH CRANBERRY JUICE.

ADD ONE DROP LIME OIL AND STIR.

TIP: FOR GARNISH, ADD SLICED LIMES AND CRANBERRIES.



JOANNA RUSLING

Hot Cocoa

HOMEMADE HOT COCOA IS SURPRISINGLY EASY TO MAKE. FLAVOR YOURS WITH A DROP OR TWO OF YOUR FAVORITE INTERNAL USE ESSENTIAL OIL FOR A FUN NEW COCOA FLAVOR.

INGREDIENTS

1 CUP WATER
5 TEASPOONS COCOA POWDER
¼ TEASPOON LIQUID STEVIA
OR 1 ½ TEASPOON
POWDERED STEVIA (AMOUNT
OF SWEETENER CAN BE
ADJUSTED TO TASTE)
1-2 TABLESPOONS SUGAR OR
AGAVE (OPTIONAL)
1 TEASPOON VANILLA
EXTRACT OR ¼ TEASPOON
ALMOND EXTRACT
3 CUPS ALMOND MILK

RECOMMENDED ESSENTIAL OILS:

CINNAMON BARK, LAVENDER,
WILD ORANGE, OR
PEPPERMINT OIL

INSTRUCTIONS

HEAT WATER, COCOA POWDER, AND SWEETENER ON STOVE UNTIL INGREDIENTS ARE SMOOTH.

ADD VANILLA AND MILK AND BRING TO A SIMMER. POUR INTO YOUR FAVORITE MUG. INTRODUCE FLAVOR BY SWIRLING A TOOTHPICK DIPPED IN YOUR FAVORITE ESSENTIAL OIL.

TIP: FOR EXTRA CREAMY COCOA, REPLACE THE WATER WITH EQUAL PARTS MILK OR ALMOND MILK.



JOANNA RUSLING

Red Velvet White Chocolate Chip Cookies

★ festive AND delicious
★ ★

INGREDIENTS:

½ CUP BUTTER, SOFTENED
¾ CUP WHITE SUGAR
1 LARGE EGG
½ TEASPOONS VANILLA
1 TEASPOON WHITE VINEGAR
½ TEASPOONS NATURAL RED
FOOD COLORING
1 DROP CARDAMOM ESSENTIAL
OIL
½ CUPS ALL - PURPOSE FLOUR
2½ TABLESPOONS COCOA
POWDER
1 TEASPOON CORN STARCH
¾ TEASPOON BAKING POWDER ★
¼ TEASPOON SALT
¾ CUP WHITE CHOCOLATE ★
CHIPS ★



INSTRUCTIONS:

PREHEAT OVEN TO 350 DEGREES FAHRENHEIT.
CREAM TOGETHER BUTTERS AND SUGARS.
ADD REMAINING WET INGREDIENTS.
IN SEPARATE BOWL, SIFT TOGETHER DRY INGREDIENTS.
COMBINE WET, DRY, AND OTHER INGREDIENTS.
ROLL INTO BALLS AND PLACE ON COOKIE SHEET.
BAKE FOR 10-12 MINUTES.