



Italian Cuisine Blend

CLEAN COOKBOOK



Oils in Blend:

Olive Oil, Thyme, Rosemary, Basil, Marjoram, Oregano

Gluten Free Mushroom Fettuccine

Yield: 4 Servings

Ingredients:

1 tablespoon garlic,
minced (approximately
3 cloves) ½ onion,
chopped
8 ounces crimini
mushrooms, sliced
¼ cup avocado oil
4 servings gluten free
fettuccine pasta or lentil
noodles cooked
2 tablespoons toasted
pine nuts
Salt and pepper to taste
1 drop doTERRA Italian
Cuisine Blend Basil
Leaves as needed

Instructions:

1. Heat the avocado 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 doTERRA Italian Cuisine Blend to the dish.
5. When plating, use a couple basil leaves for color and added "avor



Gluten Free Herbed Biscuits

Yield: 12 Biscuits

Ingredients:

- 4 cups gluten free flour (Bob's Red Mill Gluten Free Flour 1 to 1)
- 1 tablespoon salt
- 1 tablespoon baking powder
- ½ cup buttermilk (make it dairy free by adding 2 tablespoons of lemon juice to plant based milk)
- 1 cup butter (make it dairy free by using Vegan Ghee or Earth Balance Butter Spread)
- 1 drop doTERRA 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 doTERRA 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.



Organic Red Sauce

Yield: 6 Cups
Ingredients:

- 2 28-ounce cans puree organic 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 raw honey or $\frac{3}{4}$ cup agave
- 1 teaspoon dry thyme
- 1 drop doTERRA 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.



Gluten Free Pizza Dough

Ingredients:

Pizza Dough
3 1/2 cups gluten free
all-purpose flour
2 teaspoons salt
1 teaspoon yeast
1 cup water
1 tablespoon extra
virgin olive oil
Pizza Sauce
See Red Sauce recipe

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 avocado oil
2 tablespoons garlic, minced
(approximately 6 cloves)
2 celery stalks, diced
1 bell pepper, diced
1 onion, diced
2 cooked organic chicken
breasts, chopped
6 cups chicken bone broth
4 Organic Roma tomatoes,
chopped
1 cup orzo pasta
2 cups cream or dairy free
cream
Salt and pepper to taste
1 drop doTERRA Italian Cuisine
Blend

Instructions:

1. Heat the avocado 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, bone broth, 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 doTERRA 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 raw honey
1 tablespoon garlic powder
1 teaspoon red pepper flakes
1 teaspoon thyme
Salt and pepper to taste
¾ cup avocado oil
¼ cup extra virgin olive oil
2 drops doTERRA 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 avocado oil, olive oil, and doTERRA Italian Cuisine Blend until the mixture is smoothly combined.
3. Use immediately or store in the refrigerator for future use.



Italian 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 organic sugar,
raw honey, or agave
2 tablespoons salt
1 teaspoon black pepper
1 teaspoon red pepper flakes
1 cup olive oil
2 drops doTERRA 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.

