



Tropical Cuisine Blend

CLEAN COOKBOOK



Oils in Blend:

Avocado Oil, Lime, Cumin, Black Pepper, Cilantro, Marjoram

Honey "Soy" Dressing



Yield: 2 Cups
Ingredients:

- 1/4 cup coconut aminos
- 1/2 cup honey
- 1 tablespoon garlic powder
- 2 tablespoons green onion, chopped
- 1 cup olive oil
- 2 tablespoons sesame oil
- 1 tablespoon sesame seed
- 2 drops doTERRA Tropical Cuisine Blend

Instructions:

1. Combine the coconut aminos, honey, garlic, green onion, and sesame seeds until the mixture is smooth and even.
2. Slowly whisk in the olive oil, sesame oil, and doTERRA Tropical Cuisine Blend until the mixture is smoothly combined.
3. Use immediately or store properly for future use.

Teriyaki Marinade

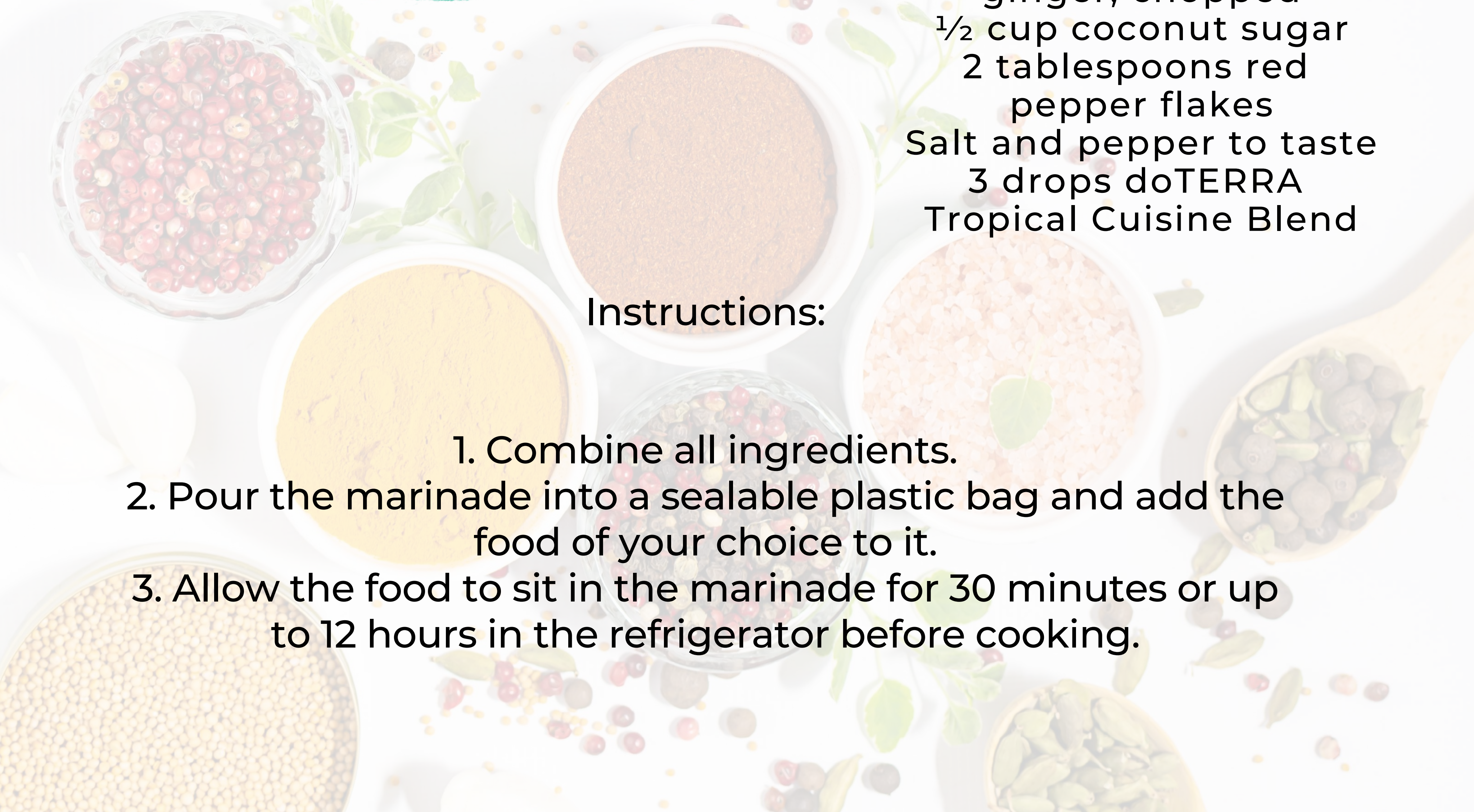


Yield: 1 Quart
Ingredients:

1 cup coconut aminos
2 cups pineapple juice
 $\frac{1}{4}$ cup garlic, minced
(approximately 12
cloves) $\frac{1}{4}$ pickled
ginger, chopped
 $\frac{1}{2}$ cup coconut sugar
2 tablespoons red
pepper flakes
Salt and pepper to taste
3 drops doTERRA
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

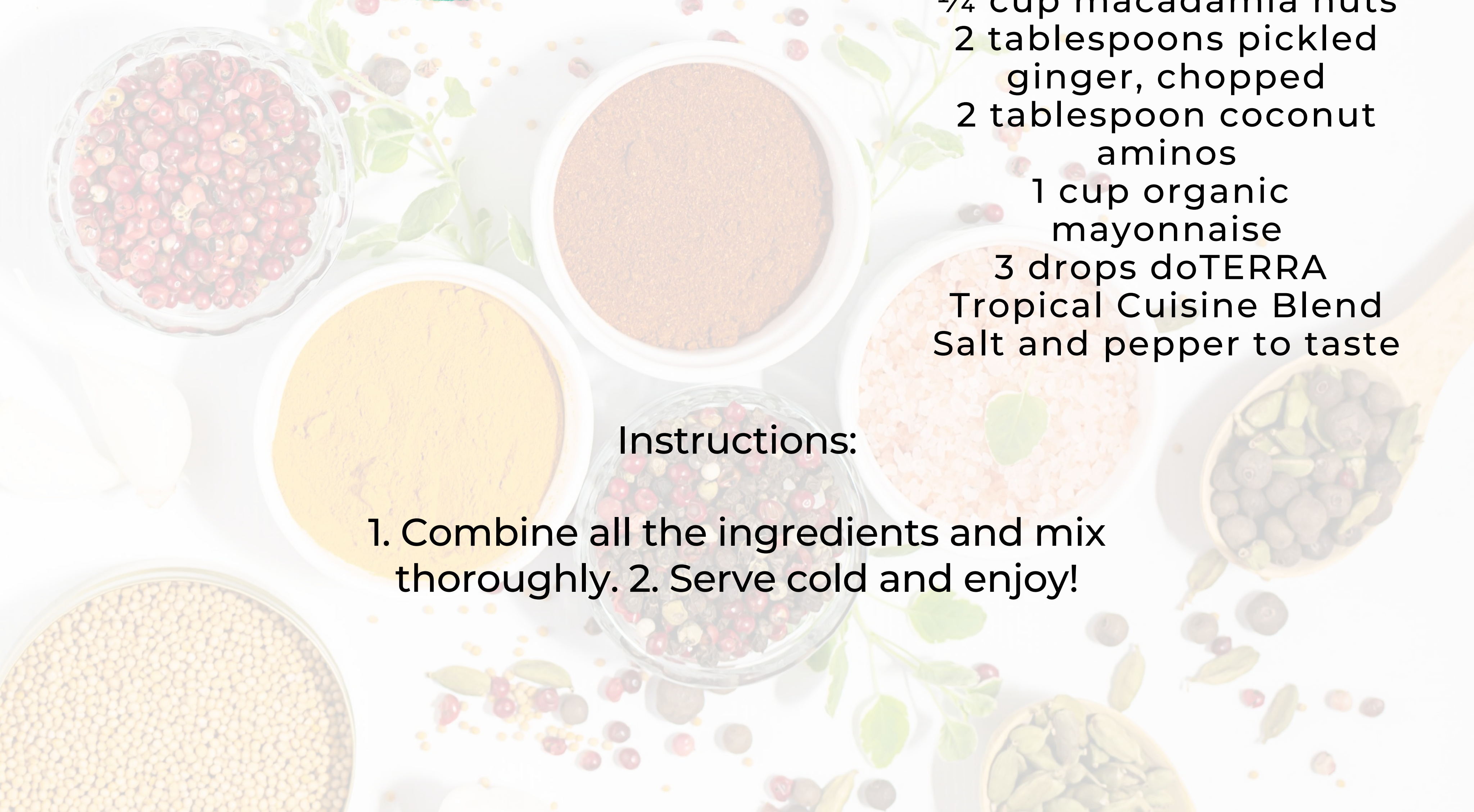


Yield: 1 Quart
Ingredients:

- 2 cups organic chicken, chopped
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 2 tablespoons garlic, minced (approximately 6 cloves)
- 1/2 cup crushed pineapple, strained
- 1/4 cup macadamia nuts
- 2 tablespoons pickled ginger, chopped
- 2 tablespoon coconut aminos
- 1 cup organic mayonnaise
- 3 drops doTERRA Tropical Cuisine Blend
- Salt and pepper to taste

Instructions:

1. Combine all the ingredients and mix thoroughly. 2. Serve cold and enjoy!



Fruit Dip



Ingredients:

2 cans full-fat
coconut milk
2 tablespoons
honey 1 drop
doTERRA Tropical
Cuisine Blend
 $\frac{1}{4}$ 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.
Whip the coconut cream with a hand mixer until smooth and creamy.
3. Add the honey, doTERRA Tropical Cuisine Blend, and salt, as well as the cinnamon if desired.
4. Mix again using the hand mixer to ensure everything is evenly combined.
5. Serve cold with bananas, strawberries, blueberries, kiwis, or your favorite fruits.
6. Use an airtight container to store in the refrigerator for up to a week.

Paradise Punch

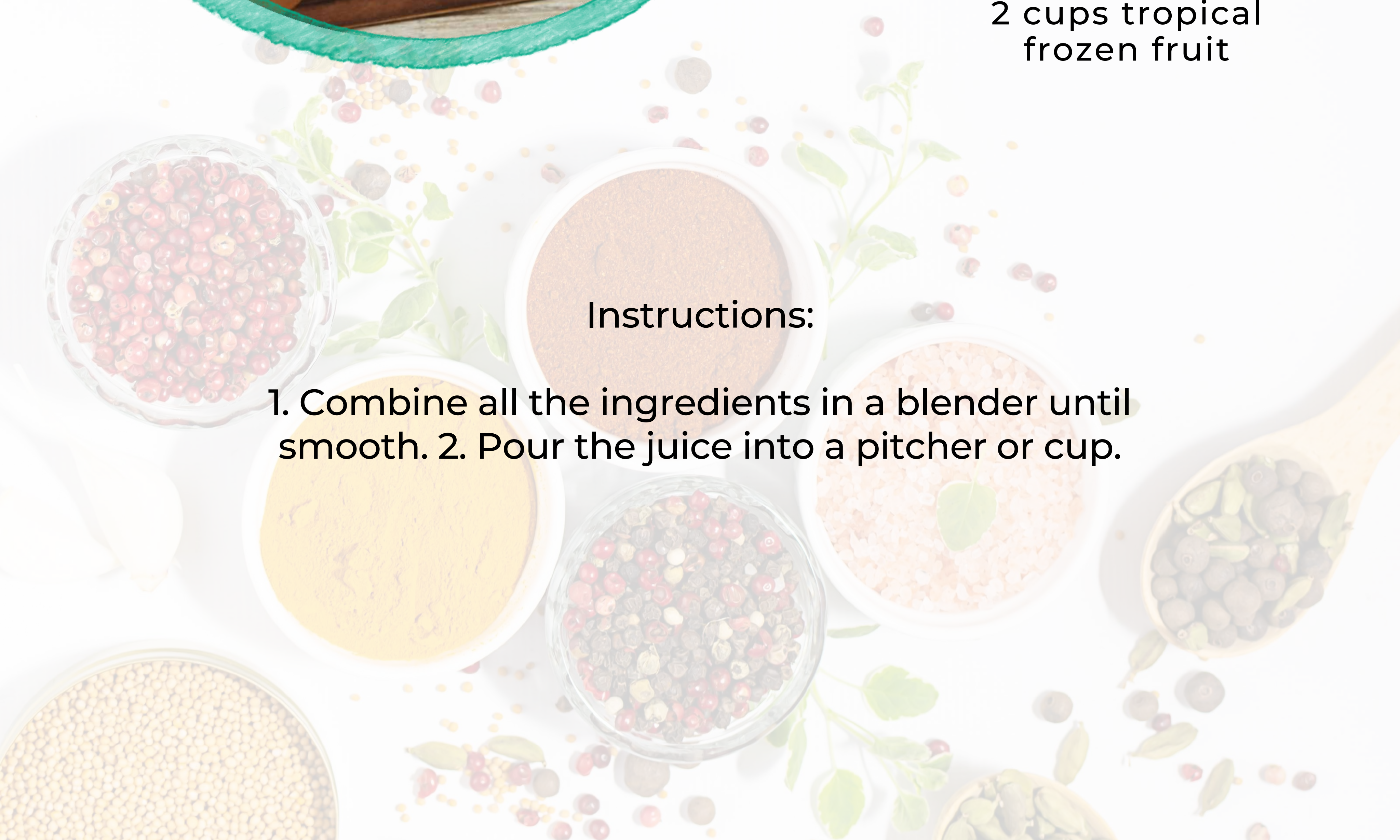


Ingredients:

- 1 quart lemonade
- 1 drop doTERRA 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.



Gluten Free Tropical Overnight Oats



Ingredients:

- 1/2 cup gluten free old-fashioned rolled oats
- 1 cup fresh mango, diced (or 3/4 cup frozen mango)
- 1 tablespoon chia seeds
- 1 tablespoon almond butter
- 1/2 cup almond milk
- 1 drop doTERRA Tropical Cuisine Blend

Instructions:

1. Combine all the ingredients together in an air tight 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!