



doTERRA's

# *Gourmet Cooking Wellness Box*

Recipe eBook

by Vanessa Jean Bocarelle Ovens

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# The Gourmet Wellness Box

Are you excited to step into your culinary shoes and explore the world of food flavouring with essential oils?

This Gourmet Cooking Wellness Box by doTERRA has been carefully crafted to offer you essential oils that take you across food flavourings from savoury to sweets and drinks.

Essential oils are so versatile. For example, I love Basil to add to my pasta sauces, soups, salad dressings and steamed vegetables. It packs a punch, as all the herb oils do, so test taste as you go. Basil goes so well with warmed bean dips - check out my warm cannelloni bean dip recipe on my website.

Black Pepper - it goes with every oil in this box; it rounds dishes out, it shines a light your creations. I love to add Black Pepper with Cinnamon Bark (raw chocolate - yum!) or Black Pepper and Lime (salad dressings and raw chocolate!), or get your Goddess on and combine Black Pepper and Rose for your cacao creations.

Rosemary - well, I'm Italian, need I say more!

Lemon and Lime essential oils add a sparkle of sunshine to your taste buds. They brighten salad dressings and are fabulous for flavouring water, smoothies and juices.

Ginger brings warmth and substance to savoury and sweet creations. It is sublime and feels so nurturing on a cold winter's night as a cup of tea with a dollop of honey.

Enjoy creating the recipes in this eBook!

*In joy and love, Vanessa Jean*



# HEMP & KALE PESTO

4 small leaves rainbow chard

8 kale leaves,

3 1/3 tbsp tahini

1/4 cup hemp seeds

4 cloves garlic

1/4 cup spring water, with a swish each of  
coconut aminos, coconut syrup and 1 tsp  
apple cider vinegar

## Essential oils you could use:

Basil

Black Pepper

Juniper Berry

Lemon

*Add 1 drop of essential oil in a tsp of your favourite  
oil (hemp, avocado or olive oil for example)*

*Add essential oils to extra virgin olive oil,  
then add with other ingredients and  
process in a food processor.*

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## CITRUS & PEPPER HUMMUS

1 tin organic chickpeas, strained and rinsed

1 small lemon, juiced

7 drops Lemon essential oil

2 drops Black Pepper essential oil

7 drops Lime essential oil

1/8 cup extra virgin olive oil, plus extra for  
drizzling

Pinch Celtic or Himalayan salt, to taste

2 tbsp hulled tahini

1 tsp Braggs apple cider vinegar

Just under 1/4 cup spring water

A little lemon zest and olive oil to garnish -  
ground pepper optional

*Blitz in food processor until smooth  
adding a touch of extra water or a swish of olive  
oil if needed to achieve desired consistency.*



## TURMERIC BRUSSEL SPROUTS

Brussel sprouts, thinly sliced

2 tsp turmeric powder

2 1/2 tbsp coconut oil + 1 tbsp extra virgin olive oil

6 drops Black Pepper essential oil

2 drops Cinnamon Bark essential oil

2 drops Lemongrass essential oil

2 drops Lemon Myrtle essential oil

1 roasted onion, thinly chopped

100g pistachio nuts

*Massage together.*

*Bake 200°C until cooked, or you could do this in a  
pan.*



## ROSEMARY & BLACK PEPPER ROASTED POTATOES

10 potatoes, cut into quarters

Extra virgin olive oil

Salt infused with dry rosemary (harvest fresh rosemary, dehydrate for 24 hours or until fully dried, then add to a jar with your favourite salt - combine well)

Herbamare or salt to taste

1 drop Rosemary essential oil

1 drop Black Pepper essential oil

*Mix all ingredients in a bowl, then line a baking tray and bake at 200°C until cooked and golden.*

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# Oven Roasted Kale Chips

2 bunches kale

2 tbsp extra virgin olive oil

2 to 3 minced garlic cloves

Paprika

Sea salt

Essential oils - see options

*Preheat oven to 200 degrees C.*

*Make sure kale is dry. Discard the thick ribs and tear the kale into pieces.*

*Toss with olive oil, garlic, salt, and paprika in a large bowl.*

*Spread on a baking sheet; it does not have to be in a single layer; the volume of the kale will diminish.*

*Bake for 15 to 20 minutes, stirring every 5 minutes until the leaves are tender, crisp on the edges, and slightly brown.*

1 drop Thyme

1 drop Oregano

4 drops Black Pepper

3 drops Lemon

4 drops Lime

2 drops Basil

4 drops Wild Orange

2 drops Rosemary

3 drops Ginger

2 drops Lemongrass

2 drops Black Pepper

Optional: add a pinch of cayenne pepper





## FENNEL CITRUS SALAD

### INGREDIENTS - DRESSING

1/4 cup extra virgin olive oil

1 tbsp hemp seeds

1 tbsp cranberries or mulberries (dried and organic, sulphate free)

1 drop Fennel essential oil

2 drops Lemon essential oil

1 drop Black Pepper essential oil

1 - 2 tsp apple cider vinegar

1 tsp coconut aminos

### INGREDIENTS - SALAD

1 fennel bulb, diced, toss through with olive oil, salt to taste and a touch of apple cider vinegar.

2 mandarins, segmented, or 1 orange (blood oranges are amazing here when in season)

*Mix salad dressing ingredients together then pour over the salad. Store in the fridge.*

# PUMPKIN SOUP

*My family loves a smooth, creamy bowl of soup. This is a vegan version of creamy pumpkin soup - packed with flavour and the awesome fats of the coconut; this soup will please everyone on every level!*

500g Jap pumpkin, diced

3 carrots, diced

2 brown onions, diced

1 tsp curry powder

1 tin coconut milk or coconut cream

1/2 L vegetable stock (homemade) or spring water

Salt, to taste

1 tsp Herbamare or your favourite salt

2 drops Black Pepper essential oil - or freshly ground pepper, to serve

1 drop Cumin essential, or 1 tsp ground cumin powder  
Your chosen fat to sauté the veggies - extra virgin olive oil, coconut oil (or ghee or butter (non-vegan))

*Using your pot (or Thermomix if you prefer): warm 1 tbsp of your chosen fat in a large soup pot, (2L capacity), add onions with salt and curry powder (and cumin if you are using this rather than the oil; do not add freshly ground black pepper until the end as pepper should not be fried).*

*Sauté for approximately 10 minutes, then add pumpkin and carrots, with Herbamare and stir well.*

*Allow to sauté for a further 5 minutes or so, then add water/stock and bring to the boil. Turn the heat down to a simmer for 30 minutes, adding coconut milk/cream and the essential oils, simmer for a further 20 minutes.*

*Serve hot, in a deep bowl. You can top with kale crisps, hemp seeds, toasted seeds, or freshly ground black pepper.*

*Note: fresh ginger, turmeric and/or galangal can be used for deeper nourishment.*  
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Alternate essential oils for this soup, Thyme, Rosemary, Basil, Marjoram, Dill, Ginger, Lemongrass, Coriander, Cilantro



## GINGER, LIME & LEMONGRASS PAD THAI

### INGREDIENTS - SAUCE

½ cup mixed of almonds and cashews  
(or any nuts/seeds)

1 knob ginger, finely grated

1 tsp finely grated turmeric

Swishes of coconut aminos and coconut aminos  
teriyaki

2 drops Lemongrass essential oil

2 drops Lime essential oil

1 drop Ginger essential oil

### INGREDIENTS - PAD THAI

1/2 head of cabbage, thinly sliced

Vegetables of your choice: broccoli florets,  
zucchini, capsicum, carrots

1 lemon - juiced over pad Thai at the end

*In a wok on medium heat, sauté onion  
in coconut oil until transparent.*

*Add chosen vegetables and cook on  
high heat until crunchy (or your  
desired texture).*

*Meanwhile, create the sauce in a food  
processor/Thermomix.*

*Blitz nuts/seeds to a rough but meal-  
like consistency. Add in other  
ingredients and blitz until smooth.*

*Sprinkle sauce over cooked  
vegetables and top with the lemon  
juice to serve. Garnish with fresh herbs  
and/or seeds.*



## CINNAMON BARK RAW SALTED FUDGE

1 cup almonds, soaked minimum overnight, preferably 24 hours  
(removal of skins is optional)

(chia seeds are a great option for a nut free version)

1/2 cup goji berries

2 pinches Himalayan salt

1/2 cup maple syrup

2 drops Cinnamon Bark essential oil

6 drops Wild Orange essential oil

1 cup raw cacao powder

1 cup coconut oil, liquefied

*Place all ingredients into a food processor (or Thermomix) and process until chunky consistency; you want to see the nuts and goji berries.*

*Line a large loaf or slice pan with baking paper, pour mixture into the tray (spread till about 1/2 inch thick). Alternatively, pour into chocolate moulds of your choice.*

*Cover the top with another sheet of baking paper and refrigerate until set. Cut into small squares and store in airtight container in fridge.*



## FORTITUDE RAW CHOCOLATES

- 1 cup cacao powder
- 1 cup coconut oil, liquified
- 1 cup coconut nectar blossom/coconut syrup - or to taste
- Pinch sea salt or Himalayan salt
- 4 drops Lime essential oil
- 2 drops Black Pepper essential oil
- 2 drops Ginger essential oil
- Finely chopped organic, sulphate free, apricots

*Mix ingredients together until smooth. Pour in round moulds and freeze to set.  
Alternatively - dip apricots in the chocolate sauce.*

*Makes 15 raw chocolates*

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## GINGER BLISS BALLS

- 1 cup walnuts
- 1/3 cup cashews
- 1/4 cup Brazil nuts
- 1/2 cup cacao powder
- 1/2 tbsp cashew nut butter
- 1 tbsp softened coconut oil
- 12 medjool dates, pitted
- 10 drops Wild Orange essential oil
- 6 drops Ginger essential oil
- 4 drops Cinnamon Bark essential oil

*Blitz nuts first to a chunky texture in a food processor or Thermomix. Then add remaining ingredients. Blend on medium speed until combined. Roll them into balls and refrigerate.*

*Alternatively, you can roll the balls into a nut and oil coating for extra deliciousness.*

### **Essential Oil & Nut Coating**

*Grind up some extra nuts, then add a couple of drops each of Cinnamon Bark and Wild Orange essential oils and mix in. Then roll your balls into the mix!*

Makes 30 medium bliss balls.

# Chai Tea

Cassia

Ginger

Cardamom

Cinnamon Bark

Black Pepper

Clove

Optional: Wild Orange

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# Infusing your Life with Goodness

## Essential Oils & Good Fats

Using good fats in your everyday life is easy and I recommend organic fats in their natural state. Find which fats work best for you; some ideas are hemp seed oil, extra virgin olive oil, avocado oil, and coconut oil. These are all plant-based. If you like animal fats, butter or homemade ghee can be used. You can infuse your chosen fat with pure essential oils.

Add fresh or dry chilli or a sprig of rosemary to any of these combinations below. I love to infuse olive oil all year round. I then add extra fats to whatever I am making i.e. add a tbsp of hemp seed oil to a lovely lemon olive oil.

Essential oils can be added to any fat you choose. The following examples are in extra virgin olive oil. Infusing fats with essential oils adds depth, flavour and complexity to your dish.

### LEMON OIL

1 drop Lemon essential oil to 1/4 cup oil

### SICILIAN MAGIC

1 drop Fennel essential oil

2 drops Lemon essential oil

In 1/2 cup extra virgin olive oil

Add a pinch of chilli or infuse with a fresh chilli.

Add these to 1 tbsp Braggs apple cider vinegar with salt/pepper to taste and pour over your favourite salad.

1 drop Juniper Berry essential oil

(adds a peppery note)

2 drops Lemon essential oil

1 drop Wild Orange essential oil

1/4 - 1/2 cup oil

Beautiful over quinoa.

### ASIAN TOUCH

(beautiful in avocado oil or organic sesame oil)

1 drop Coriander essential oil

1 drop Lime essential oil

In 1/4 cup oil

Or

1 drop Coriander essential oil

1 drop Lemongrass essential oil

1 drop Black Pepper essential oil

In 1/4 cup oil

Try adding this to 2 avocados, 1 diced tomato, salt and pepper to taste, and freshly chopped coriander leaf to garnish.

# Infusing Celtic Sea Salt & Himalayan Salt with doTERRA Essential Oils

## A TASTE OF THE MEDITERRANEAN



## ASIAN INFUSION



For 1 cup of your favourite good quality salt, add 1-3 drops total of your chosen essential oil.

Alternatively, you can just add 1 essential oil and infuse your salt with that.

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