



Class Food

Using therapeutic essential oils internally - especially in cooking - is truly unique! Why not give your class guests the opportunity to taste something amazing made with doTERRA's essential oils? Below you'll find simple class food ideas that are sure to delight your guests, leaving them asking for more!

- ★ Add a few drops of doTERRA essential oil into several bowls of melted chocolate chips (i.e. peppermint, orange, lavender, OnGuard, etc.). Allow guests to try the different flavors, dipping raw almonds or seasonal fresh fruit.
- ★ Put 2-3 drops of OnGuard in a bowl of water. Then add slices of apples to the water for a refreshing treat.
- ★ Put 2-3 drops of OnGuard in a spray bottle with water. Spritz over sliced peaches.
- ★ Mix 2-3 drops of Cassia in greek yogurt for a delicious fruit dip.
- ★ Put 2-3 drops of a variety of doTERRA essential oils into small bowls of whipped cream.
- ★ Provide pound cake or fresh fruit to dip in the cream, allowing guests to try a variety of oil tastes.
- ★ Add a 2-5 drops peppermint or orange essential oil to your favorite chocolate brownie recipe.
- ★ Add 2-3 drops of your favorite doTERRA essential oil to frosting for cupcakes.