

ESSENTIAL RECIPES

CHOCOLATE BLISS RASPBERRY PARFAIT



INGREDIENTS:

- 2 scoops Slim & Sassy Chocolate TrimShake
- $\frac{3}{4}$ cup of plain coconut water
- $\frac{1}{2}$ cup milk (can substitute with almond, soy, rice milk)
- 2 tablespoons raw organic Cacao nibs
- 1 tablespoon flax seeds (optional)
- 1 tablespoon hemp or chia seeds (optional)
- 1 handful of greens, such as spinach or kale, or a scoop of greens powder (optional)
- $\frac{1}{2}$ avocado
- $\frac{1}{2}$ banana
- $\frac{1}{2}$ cup frozen (or fresh) preferably organic dark cherries
- $\frac{1}{2}$ cup frozen organic berries
- dash of cinnamon
- dash of vanilla extract

DIRECTIONS | Place all of the above ingredients in a blender. Blend until smooth. If too thick, add more water or milk and blend again. The smoothie should have a consistency like pudding or yogurt. Taste, then sweeten with honey, stevia, or agave nectar (if needed) and then blend one more time.

Layer in shot glass or small individual parfait glass in this order:

1. Blended chocolate mixture
 2. Fresh raspberries and dark chocolate morsels
 3. Blended chocolate mixture
- Top with more raspberries and dark chocolate morsels.

Serve immediately! Recipe tastes best when served within 4 hours.

Editor's Tip: Substitute cinnamon with dōTERRA cinnamon essential oil by coating a toothpick and then dipping toothpick into the ingredients.

*Submitted by Jennifer Engels, MD,
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