

Thyme For Me/May

Aroma Therapies Spa/814-443-1217

Zucchini Tomato Basil Salad with Lemon Basil Vinaigrette

¼ cup white wine vinegar
2 tablespoons extra virgin olive oil
1 drop Basil essential oil
2 drops Lemon essential oil
1 clove garlic, finely minced
1 tablespoon minced shallot
2 medium zucchinis, ends removed and discarded
8 large fresh basil leaves, sliced thin
8 ounces cherry tomatoes in a variety of colors, sliced in half lengthwise
5 ounces small fresh mozzarella balls
Salt and pepper, to taste

Dressing

1. In a small jar, combine white wine vinegar, extra virgin olive oil, Basil essential oil, Lemon essential oil, garlic, and shallot. Screw the lid to the jar on tightly, then shake until well mixed. Set aside.

Salad

1. Using a vegetable spiralizer, prepare the zucchini using the straight blade according to manufacturer's recommended instructions. Alternatively, slice the zucchini into ribbons using a vegetable peeler or a mandolin.
2. In a mixing bowl, toss the zucchini with the basil. Transfer to a large serving platter. Arrange the tomatoes and the mozzarella on top of the bed of zucchini.
3. Pour the dressing on top of the prepared salad, then sprinkle the top with salt and pepper, seasoning to taste.

The dressing can be made ahead of time and stored in the refrigerator until ready to use.

Cilantro Kale Pesto Dipping Sauce

2 ½ cups kale leaves

⅓ cup cilantro leaves

⅓ cup pepitas

1 clove garlic

¾ cup extra virgin olive oil

¼ teaspoon salt

⅛ teaspoon black pepper

1 cup Greek yogurt

1 drop Cilantro oil

Salt and pepper, to taste (if desired)

Cilantro-Kale Pesto

Combine all ingredients in a food processor or blender and process until smooth, scraping the sides as necessary.

Dipping sauce

In a medium bowl, combine yogurt, cilantro-kale pesto, and one drop of Cilantro oil.

Stir until well combined.

Season to taste with additional salt and pepper if desired.

Serve with your favorite grilled veggies, such as sweet potatoes, zucchini, or red peppers. May also be used as a sandwich spread or a dip for French fries.



The winds of change are coming and spring will soon turn into summer. Embrace the beautiful breezes of spring while holding on to the brightness of summer with this Bright and Breezy diffuser blend. Citrus Bliss and Breathe will be 10% off during May if you would like to diffuse this blend in your home.

Grilled Pineapple Lettuce Cups

1 $\frac{3}{4}$ cup water
1 $\frac{3}{4}$ cup canned coconut milk
4–6 drops Lime oil
2 cups jasmine or basmati rice
 $\frac{1}{2}$ teaspoon salt
30 ounces fresh pineapple, cored and sliced into $\frac{1}{2}$ inch rounds
 $\frac{1}{2}$ cup butter, melted
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ of a fresh lime, juiced
1 head butter lettuce, leaves removed from head and washed
2 green onions, thinly sliced

Coconut lime rice

Combine water, coconut milk, four drops Lime oil, and rice in a medium-sized saucepan. Bring to a boil over medium-high heat. Once boiling, cover and decrease heat to low.

Cook for 15–20 minutes, until liquid has absorbed. Prepare pineapple while the rice cooks.

Remove rice from heat and let sit covered for five minutes.

Grilled Pineapple

Preheat grill to medium heat.

In a small mixing bowl, combine butter, brown sugar, fresh lime juice, two drops Lime oil, and salt.

Place pineapple slices on a baking sheet and drizzle with the brown sugar mixture.

Place the pineapple on the preheated grill, sugar side down, and grill two to three minutes or until sugar mixture is golden and caramelized. Brush the tops with the remaining brown sugar mixture left behind on the baking sheet using a silicone basting brush.

Flip and grill the other side two–three minutes or until the sugar mixture is golden and caramelized. Remove from heat and transfer to the baking sheet. Cut each round in half.

Lettuce Cups

Divide the rice between the lettuce leaves. Sprinkle rice with green onions. Top with half round of grilled pineapple. Sprinkle with chopped cilantro. Serve.

Start with one drop of Lime oil and add to taste.

Are You Familiar With Spirulina?

From Kathy

Spirulina is the most complete and potent source of natural nutrition currently known. It has the highest percentage of protein of any food (60 - 70%). It contains 18 of the 22 amino acids, including the eight essential amino acids, totally in correct proportional balance and in highly digestible, soluble form. It also contains all the vitamins in the B-Complex series and is the highest known source of vitamin B12, 250% higher than its nearest rival, beef liver. It is especially high in iron, and is packed with all the necessary cell salts, trace elements, and minerals in a highly absorbable form. It is said that spirulina is captured sunlight energy currency, ready to be spent for mental and physical work to be done. This micro-algae wonder food possesses an abundance of vital pigments, but it is especially high in chlorophyll as a result of its interaction with the sunlight and water. It is low in calories, cholesterol and sodium. Because spirulina is a virtual storehouse of free radical antioxidants there is no need for preservatives, fillers or additives.

Many people use spirulina for weight control. It curbs the appetite and reduces sugar cravings.

It also provides both a physical and mental energy boost while maintaining a balanced blood sugar level. It can be used in conjunction with fasting, as it reduces hunger and works as a cleanser and detoxifier. It is the ultimate survival food as it could be used in limited amounts to support life in the poorest of circumstances. When properly packaged, away from air and light, it will store for a long time. I have a brand I particularly like at the spa; if you are interested

I can tell you more about it.

