

Thyme For Me/January

Aroma Therapies Spa/814-443-1217

CITRUS BEET SALAD

Salad:

4 medium sized beets, cooked and cut in quarters
1/2 cup micro greens
1 cup cherry tomatoes, halved
1/8 cup feta cheese

Dressing:

1/8 cup olive oil
1 tbs. white balsamic vinegar
1 tbs. honey
2 drops lime essential oil
2 drops wild orange essential oil
salt and pepper to taste

In a small bowl whisk together dressing and serve over salad.

BASIL-LIME HUMMUS

2 drops basil essential oil
2 drops lime essential oil
1 tsp. paprika
1/2 tsp. onion powder
1/8 tsp. black pepper
2- 15oz. cans chickpeas
2 cloves garlic
1/4 cup tahini
1 tsp. sea salt
juice of 1 lemon
1/2 cup olive oil
1 tbs. fresh basil

In a strainer drain chickpeas, reserving the liquid. Use a food processor to blend basil, garlic, tahini, chickpeas, seasoning, and essential oils. Pour the juice of 1 lemon into the mixture while continuing to blend. Pour in the olive oil and 1/4 cup chickpea liquid until hummus reaches desired consistency, add more if needed. Serve with fresh veggies or pita.

EASY MICROWAVE CLEANER

Heat a cup of water with 3-4 drops of lemon oil for 4 minutes, (just to the point of steaming). Let sit for about 5 minutes, then carefully take out the cup. Wipe down the microwave and you're good to go!

"The steam with lemon really helps get all the baked on stuff off without having to scrub really hard."

Breakfast Tip-

ON GUARD HONEY

I have a honey glass jar that I fill with local raw honey and add 3-4 drops of On Guard. I pack instant oatmeal to take to work with a couple of tea bags. I put a teaspoon of On Guard honey in my oatmeal mid-morning for breakfast and a teaspoon in my cup of tea. Great tasting, and it's a great way to keep my immune system strong especially during the high peak of seasonal threats.

BREAKFAST SHAKE

If you remember as a child eating Creamsicles, this recipe reminds me of that favorite treat.

1 banana
Few ice cubes
2 tsp. chia seeds
2 tsp. hemp hearts
1 cup almond milk
1 scoop Slim & Sassy V Shake
2 drops wild orange essential oil

KATHY'S BLOG

Uva Ursi or Bearberry-

This herb is especially good in cases of gravel or ulceration of the membrane of the urinary tract. It is known to be a solvent. In chronic inflammation of the bladder, it has no equal. The leaves are a powerful astringent and when you are using this herb always add a little Marshmallow Root. This will aid in the soothing effect.

A formula you can use for gravel, suppressed urine, cystic catarrh.

1 oz. Uva Ursi
1 oz. Marshmallow Root
1 oz. Dandelion Root

Simmer in 2 quarts of water for 20 minutes. Strain, cool and bottle.

Dosage: Up to 1/2 oz. of liquid, 3 times a day or as needed.