

# Thyme For Me/May

Aroma Therapies Spa/814-443-1217

## UPCOMING HERB & ESSENTIAL OIL WORKSHOPS ALONG WITH OTHER CRAFTS

**SPOTLIGHTING FENNEL WORKSHOP**

**MACRAME WORKSHOP**

**SPOTLIGHTING ROSE WORKSHOP**

**PERFUME MAKING WORKSHOP**

**REED DIFFUSER & POTPOURRI WORKSHOP**

**SPOTLIGHTING WILD ORANGE**

If you are interested in any of these workshops, let me know and I will give you more details on dates, times and costs.

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### **Cardamom Truffles**

**1 small avocado**

**1 1/4 cup semi-sweet chocolate chips 1/4 teaspoon vanilla bean paste**

**2 drops Cardamom oil**

**1/4 cup walnuts (optional)**

**1. Mash avocado until smooth.**

**2. Melt chocolate chips in microwave, stirring every 30 seconds.**

**Tip: Set aside a 1/4 cup of the melted chocolate for dipping. 3. Add avocado, vanilla, and Cardamom oil to melted chocolate and combine.**

**4. Cover with plastic wrap and chill for a few hours. 5. Using a cookie scoop, take the chocolate mixer and form a ball.**

**6. Dip in the left over melted chocolate, and sprinkle with gold dust, cocoa, or sprinkles**

## Chocolate Cake with Wild Orange Ganache

2 cups granulated sugar 1 cup oil  
2 eggs  
1 teaspoon vanilla  
1 cup of buttermilk  
1/2 cup cocoa  
2 cups all-purpose flour 1/2 teaspoon salt  
2 teaspoons baking soda 1 cup hot water

### Ganache:

1 cup semi-sweet chocolate chips  
1/2 cup heavy cream  
2 drops Wild Orange oil

1. Preheat oven to 375 F.
2. Butter bundt pan, and dust with cocoa powder.
3. In large bowl, combine wet ingredients except for hot water.
4. In a separate bowl combine dry ingredients.
5. Slowly sift dry ingredients into the wet ingredients, stir until smooth.
6. Stirring slowly, add hot water. Once combined stop, do not over mix.
7. Bake for 30-35 minutes, or until a toothpick comes out clean.
8. While baking, combine ganache ingredients in a bowl. Microwave for 2 minutes, stirring every 30 seconds.
9. Allow cake to cool for 1 hour. Drizzle ganache over the cake.

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## Lavender Chocolate Disks

2/3 cup bittersweet chocolate  
1 teaspoon vanilla bean paste  
1 drop Lavender oil

1. Place parchment paper on a baking sheet.
  2. Melt chocolate in the microwave, stirring every 30 seconds.
  3. Once melted, stir in vanilla.
  4. Use a large spoon to dollop rounds onto parchment paper.  
Hint: Leave room for mixture to expand.
  5. Hit baking sheet on the counter, to flatten into disks.
  6. Garnish with walnuts, pistachios, honey, edible lavender, and edible rose petals, or as desired, and let rest to set
- Ingredients: