

# Thyme For Me/November

Aroma Therapies Spa/814-443-1217

## Raw Avocado Cake

### Crust

3-4 pitted dates  
 ¼ cup shredded coconut  
 ¼-½ cup almonds  
 ½-1 teaspoon water  
 Pinch of sea salt  
 1 teaspoon melted extra virgin coconut oil  
 1 drop doTERRA Lemon, Lime, Wild Orange,  
 or Grapefruit oil

### Filling

1 large avocado  
 4 tablespoons agave syrup or 3 tablespoons  
 maple syrup  
 3 tablespoons water  
 1-1 ½ teaspoon pure vanilla extract (optional)  
 1-2 drops Lemon, Lime, Wild Orange, or  
 Grapefruit essential oil  
 5-6 tablespoons melted extra virgin coconut

### Crust

Grind first five ingredients in food processor until it turns into a dough.  
 Add extra virgin coconut oil and essential oil, then grind into a mixture until it holds together when pressed in your hand. Press into the bottom of a mini springform pan. Put mixture in the fridge while preparing the filling.

### Filling

Blend first five ingredients in a blender until completely smooth and creamy. Make sure to give it enough air so it becomes very creamy

Add coconut oil and essential oils and blend again

Take crust out of the fridge and pour in the filling

Return to the fridge and chill until firm (about eight hours).

### Tips:

Use a springform pan that has a bottom you can separate from the mold. Prepare two sets and use one bottom to press the crust evenly.

## Raw Healthiest Brownies with Cinnamon Bark essential oil

1 cup pitted dates  
 2 cups shredded coconut  
 1 teaspoon or tablespoon raw maca powder (optional)  
 Pinch of salt  
 1 drop Cinnamon Bark oil

Grind all ingredients in a high speed food processor until it turns into dough.  
 Roll between the palms of your hands into a small ball shape.

### Tips:

If you like chocolate, add one to two tablespoons raw cocoa powder or as much as you like, and a drop of Peppermint or Wild Orange essential oil instead of Cinnamon Bark oil.

## Raw Marinara Sauce with Oregano and Basil essential oils

(A)

1 medium tomato

\*Less than 1 drop Oregano oil

\*Less than 1 drop Basil oil

(B)

1 medium tomato

10 cherry tomatoes

1/3-1/4 fresh red paprika

3 cloves of garlic

1 teaspoon of Himalayan Pink Salt or sea salt

4 tablespoons extra virgin olive oil

1-2 pieces dried tomatoes (not the ones marinated in oil and salt, just simply sundried)

1/2 teaspoon of mixture (A)

Zucchini of your choice of color

Instructions:

Prepare the zucchini by using a veggie spiral slicer.

Blend (A) in a high speed blender very well.

Set aside.

Blend all of (B) in a high speed blender until creamy

Add 1/2 teaspoon of (A) and blend again.

Pour sauce over the zucchini.

Tips:

Mix in oils by using a toothpick until you reach the desired flavor.

## Raw Coco Bites with Wild Orange essential oil

1 cup raw walnuts

3-5 pitted dates

1 1/2 tablespoons raw cocoa powder

1 drop Wild Orange oil

1/2 teaspoon pure vanilla extract

1 tablespoon cacao nibs

Pinch of sea salt or Himalayan Pink Salt

Soak raw walnuts in water overnight.

Rinse several times, or until water becomes clear.

Grind ingredients in high speed processor until it turns into a dough.

Shape it as you like and put it in the fridge until chilled.



In hard and easy times alike, there are always reasons to be thankful for all that we do have. In this season of gratitude, take some time to relax, diffuse, and reflect on the joys that surround you. During the month of November, Cheer, Citrus Bliss and Cinnamon Bark are all 10% off.

## KATHY'S BLOG

**Ginseng Root** is an excellent choice for building up the system while cleansing. Ginseng affects the heart, circulation and generally the whole body. It helps reduce blood sugar which is excellent for treatment of diabetes. It is also a good herb to use when treating anemia. There is a specific type of Ginseng I personally like. It is available at the spa. Each box contains 10 little glass bottles (10 ml each) full of Red Ginseng Tincture. I recommend one a day for 10 days. I have found this to be a convenient and enjoyable way to take Ginseng Tonic. You can drink it directly from the bottle, or pour a bottle into a hot glass of water for a soothing tea. Try a box, they are great!

**Nettle Leaf** is high in iron, silicon and potassium. Nettle Tea can be taken on a regular basis over a period of months. It is a mild, strengthening herb that is a good nutritive builder for the liver. It can be used internally to help clear up boils and sores. Nettle is known for another interesting use -- As a hair tonic to stimulate hair growth and also to bring hair back to its natural color. Simply simmer an ounce of Nettles in a quart of water for 30 minutes, let cool and massage into scalp after washing the hair. If you are experiencing hair loss, make sure you are using a mild organic shampoo. I grow Nettles in the herb garden, if you would like to try Nettle Tea let me know and I will cut you a bunch.

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### **Ginger Pear Green Smoothie**

1 heaping cup fresh spinach  
1 heaping cup diced frozen pears (cut fresh pears and freeze for 1 hour)  
1/2 cup plain non-fat Greek yogurt  
1 tablespoon almond butter  
1 cup unsweetened almond milk

**Sassafras Root** was a Spring Tonic remedy that was passed on from generation to generation. It was believed that the Sassafras Root would thin the blood after a heavy winter. It does stimulate and cleanses the liver of toxins.

Our FDA outlawed the sale of Sassafras Oil in 1960 for human consumption because of experiments done during that time. The Sassafras Oil apparently contains a constituent called safrole, that has been identified as carcinogenic. Now Sassafras was used in Root Beer Soda up until that time and oddly enough I've not heard of any pandemic because of it.

A friend of ours had numerous Sassafras trees growing on his property and allowed us to come dig the root which we did and I dried some. I have used this tea over the years and I do not believe that there is any danger. Since this is a root bark herb, it stands to reason that you would not use it in excess. I think the danger is in the pure oil of Sassafras and I do not recommend you take that internally.

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If you or anyone you know is dealing with:

ABSCESSSES  
ACNE & SKIN DISEASES  
ALLERGIES  
ATHLETE'S FOOT & FUNGUS  
ARTHRITIS, GOUT, RHEUMATISM

I would be happy to have a consultation with them and suggest a treatment plan to get them back on the road to recovery.

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1 teaspoon raw honey  
1/2 teaspoon vanilla extract  
1 drop of Ginger essential oil

Put all of the ingredients in a blender and blend until creamy and smooth.