

Thyme For Me/September

Aroma Therapies Spa/814-443-1217

KATHY'S BLOG

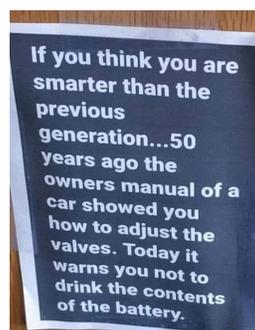
MANDRAKE IS ANOTHER GOOD LAXATIVE HERB. THE PLANT LEAVES SHOULD NOT BE EATEN. IT IS THE ROOT THAT IS USED MEDICINALLY. MANDRAKE SHOULD ONLY BE USED IN SMALL DOSES. (1 CAPSULE 2 TIMES DAILY) IT IS A VERY POWERFUL GLANDULAR STIMULANT IN SMALL DOSES AND IS USED TO TREAT ALL SKIN DISEASES, LYMPHATIC PROBLEMS, OBSTRUCTIONS OF THE LIVER, GALL BLADDER AND CONSTIPATION. IT IS BEST COMBINED WITH GINGER OR LICORICE ROOT TO PREVENT GRIPPING AND GAS BUILD UP. MANDRAKE IS GOOD TO ADD TO A SPECIAL HERBAL BLEND, BUT IT IS RARELY TAKEN BY ITSELF. THIS HERB IS GOOD FOR PINWORMS AND A STRONG TINCTURE CAN BE USED ON WARTS.

TIP: PUMPKIN SEEDS ARE EXCELLENT TO USE FOR YOUR COLON. MOST WORMS HATE PUMPKIN SEEDS. THEY SHOULD ALWAYS BE EATEN RAW, AS THE PART THE IS MOST DETRIMENTAL TO THE WORM IS THE GREEN COATING ON THE EMBRYO SEED. CHEW A SMALL HANDFUL OF SEEDS EVERY FEW HOURS WHEN WORKING WITH YOUR COLON. THEY CAN HAVE A MILD LAXATIVE EFFECT.

Snack Thyme- Melt some butter and add 1 drop of doTerra Thyme and 1 drop of doTerra Wild Orange (adjust according to taste) and enjoy with some artisan bread. This would also be amazing on cooked vegetables.

Reward yourself with a good night's sleep. Try combining Lavender and Cedarwood essential oils in your diffuser for a dreamy effect.

Gum stuck in hair? No worries. Add Lemon to save your hair from a cutting catastrophe.



THE POWER OF ORANGE

The autumn season brings a tasty array of orange-colored fruits and vegetables containing an abundance of antioxidants, vitamins, fiber and phytonutrients that are good for your skin, eyes, and heart.

CARROT SALAD

1 cup walnut halves
1 tbs. grapeseed oil
2 tsps. sugar
Kosher salt and freshly ground black pepper
1/2 cup Greek yogurt
2 tbs. Sherry vinegar
1 tsp. honey
1 drop Coriander EO
1 lb. small carrots, assorted colors if desired, scrubbed, very thinly sliced lengthwise on a mandolin
6 medium radishes, cut into thin wedges
2 scallions, thinly sliced on a sharp diagonal

Preheat oven to 375 degrees F. Toss walnuts and oil on rimmed baking sheet. Bake until walnuts are lightly toasted and fragrant, 6-8 minutes. Immediately sprinkle with sugar and season and toss to coat.

Whisk yogurt, vinegar, honey and Coriander EO in small bowl. Season with salt and pepper. Cover and chill.

Place carrots in colander set in bowl of ice water. Let sit until carrots start to curl, about 2 minutes. Lift colander from water and drain carrots; pat dry.

Combine carrots, radishes, scallions and dressing in large bowl and toss to coat; sprinkle with walnuts.

PEACH CAPRESE

2-3 ripe peaches, sliced
4 ounces fresh mozzarella, sliced
 $\frac{1}{4}$ cup balsamic vinegar
1 tablespoon honey
3 drops Wild Orange essential oil
Fresh basil, for garnish

In small saucepan over medium heat, whisk together balsamic vinegar, honey, and Wild Orange essential oil until combined.

Bring mixture to a boil. Decrease heat to low and simmer, stirring occasionally, until mixture is reduced by about half.

Carefully stack peaches and mozzarella. Lightly drizzle with balsamic reduction and garnish with basil.

PERSIMMON TARTS

Tart Dough:

$1\frac{1}{4}$ cups all-purpose flour
 $\frac{1}{4}$ cup finely ground almonds
 $\frac{1}{2}$ cup powdered sugar
 $\frac{1}{4}$ tsp salt
5 ounces unsalted butter, cold
1 egg yolk

For the filling:

$2\frac{1}{2}$ ounces unsalted butter
 $\frac{2}{3}$ cup powdered sugar
1 egg
 $\frac{2}{3}$ cup finely ground almonds
1 tablespoon flour
Pinch salt
3-4 drops Lemon essential oil
10 Fuyu persimmons
 $\frac{1}{4}$ cup honey
Pomegranate arils, optional

To make the tarts:

Place finely ground almonds, flour, sugar, and salt in food processor, and pulse until well-blended.

Add cold cubed butter and pulse until mixture is in small pea-sized pieces.

Add egg yolk and pulse in long 5-second bursts until dough begins clumping together.

Take dough out of food processor and knead lightly to incorporate any extra flour.

Press dough in an even layer along bottom and sides of greased 6-inch tart pans. Freeze shells for 15 minutes.

Spray tops of tart dough with nonstick spray, then press a sheet of foil onto each shell, shiny side down. Fill foils with dry beans, rice, or pie weights.

Bake tart shells at 375 degrees Fahrenheit for 15 minutes. Allow tarts to cool before adding filling.

To assemble the tarts:

Combine butter and powdered sugar in bowl of food processor and process until smooth. Add egg, almond, flour, salt, and Lemon Essential oil, and blend in long pulses until well-combined.

Scoop two big spoonfuls of almond mixture into bottom of each pre-baked tart shell and spread in an even layer.

Bake tarts at 375 degrees Fahrenheit for 12-15 minutes until filling just starts to set.

Use mandolin to slice persimmons into paper-thin slices. Arrange in rosette shape in tart shells, pressing down slightly to embed them into filling layer.

Lower oven temperature to 350 degrees Fahrenheit, and bake tarts for 10-15 minutes, until filling is set and persimmon slices are.

Drizzle each tart with honey and top with pomegranate arils.

If you love the sweet and cinnamon smells of apple pie, then you will love this diffuser blend. This blend that not only smell delicious positive, and uplifting mood. September, these 3 EO's are



uses three essential oils but will promote a warm, During the month of 10% off.

CURRIED BUTTERNUT SQUASH SOUP

2 tablespoons coconut oil
2 pounds' butternut squash, peeled, seeded, and cut into small $\frac{1}{2}$ -inch pieces
1 medium yellow onion, chopped
4 garlic cloves, pressed or chopped
2-3 tablespoons Thai red curry paste
2-3 drops Coriander essential oil
1 teaspoon ground cumin
 $\frac{1}{4}$ teaspoon sea salt teaspoon red pepper flakes
1 tablespoon fresh lime juice
4 cups vegetable broth
1 cup full fat coconut milk

Heat oil in large pot over medium heat. Once oil is heated, add squash, onion, garlic, curry paste, Coriander essential oil, cumin, salt, and red pepper flakes to skillet. Stir to combine.

Cook, stirring occasionally, until onion is translucent.

Add vegetable broth. Bring mixture to boil, reduce heat, and simmer until squash is soft.

Remove from heat and let cool. Working in batches, transfer contents from pan to blender. Securely fasten the lid and purée mixture until smooth.

Transfer puréed soup to serving bowl and repeat until contents are smooth.

Stir lime juice and coconut milk into blended soup and serve.

CREAMY BLACK BEAN CARDAMOM DIP

1 can organic black beans
1/2 lg. avocado or 1 sm. avocado
1/4 cup fresh salsa
Fresh cilantro
1/8 tbs. of finely chopped fresh jalapeño pepper
1/3 cup chopped organic cilantro
Smoked salt to taste & for smokey flavor
1-3 drops of Cardamom EO
2-5 drops of Lemon EO
2-5 drops of Lime EO
Water as needed to smoothen
1 tbs. extra virgin olive oil (optional)

Rinse off the black beans until the water is clear. Add all ingredients into your food processor or mixer. I use a bowl and hand-held blending gadget. Blend, taste, add oils, water, and olive oil if necessary; repeat.

**With EO's, always start with one drop, taste and add more as necessary and to make it perfect for your pallet.