

Thyme For Me/April

Aroma Therapies Spa/814-443-1217

Idea Notebook

Strawberry SLIM & SASSY® POPSICLES

- 1 pint organic strawberries
- 1 peeled/deseeded mango
- 1 cup coconut water
- 1-2 drops dōTERRA Slim & Sassy*
- Popsicle sticks
- Popsicle molds

In a blender, blend all ingredients together until smooth. Pour into popsicle molds or into small cups. Use popsicle sticks for the handles and freeze overnight. Enjoy!

—Vanessa Aguilar, California

"A great snack at any time of the day and for kids of all ages—adult kids included!"

* Can be substituted for 1 drop each, Lemon and Grapefruit essential oils



TERRAGREENS® Gummies

I like to add a scoop of TerraGreens to my smoothies, but I wanted to find a way to get my kids to get this awesome product into their diets as well. These are super easy to make, and my kids love them! —Amanda Beach, Texas

- 2 cups fruit juice of choice*
- 1 tbsp. local honey
- 2 scoops TerraGreens powder
- 6 tbsp. unflavored grass-fed gelatin
- Gummy bear mold

* I used 1 cup apple and 1 cup pomegranate

Bring fruit juice to a boil. Remove from heat and let cool slightly. Add honey and stir until dissolved. Add Terragreens and stir. Sprinkle gelatin in one tbsp. at a time, stirring constantly with a wire whisk so the gelatin doesn't clump. Use syringe to transfer liquid to mold. Refrigerate 2 hours or until solid. Keep leftovers in fridge.

Homemade LEMON MARSHMALLOWS

- 1 cup filtered water
- 3 tbsp. grass-fed beef gelatin
- 1 cup organic honey
- 1 tsp. organic vanilla extract
- 2-3 drops Lemon essential oil
- ¼ tsp. sea salt

1. Line 8x8 baking pan with parchment paper and grease with coconut oil. To prevent stickiness, dust with powdered sugar or arrowroot powder.
2. In a bowl, mix gelatin with ½ cup of water; set aside.
3. Bring other ½ cup of water, honey, vanilla, and salt to boil over medium-high heat. Place a candy thermometer in sauce pan and continue to boil mixture until it reaches 240°F; immediately remove the sauce pan from the heat.
4. Slowly pour the honey mixture into the bowl combining it with the softened gelatin; mix on medium-low. Add Lemon oil, and vanilla. Increase speed to high and continue mixing until it reaches a smooth, thick, and creamy consistency.

5. Pour marshmallow mixture into prepared baking dish and spread evenly.
6. Let sit at room temperature for at least 4 hours or overnight.
7. Dust top of marshmallow with powdered substance of choice.
8. Carefully remove from pan and cut into squares. Keep in airtight container for about a week.

Note: They also freeze well, and don't need to be thawed out. Be sure to dust them with extra powdered sugar, arrowroot, or cornstarch before freezing to avoid stickiness.



Sesame Peanut GINGER DRESSING

"When I think of summer and eating, I think of salads." —Kristi Warner, California

- ¼ cup crunchy raw peanut butter
- ¼ cup water
- ½ cup Apple cider vinegar
- 3 tbsp. raw honey
- ½ tsp. salt
- 1 tbsp. Tamari (organic, gluten free soy sauce)
- 1 tbsp. sesame oil
- 1 drop Ginger essential oil

Dressing is only 30 calories/per tablespoon.

- Salad:
- 4 cups purple cabbage
 - 1 red pepper
 - 5 scallions
 - 2 carrots, shredded

Top with sliced almonds and avocado.



FUN IN THE SUN

Summer means a lot of time in the sun. It's important to be prepared with only the best natural products so that you and your family can make the most of your sun-filled break. Protect, refresh, and sooth your skin with these easy-to-make DIY's.

Body Wipes with Lavender and Geranium

Combine 2-3 tbls. witch hazel, 3-5 drops Lavender, 1-3 drops Geranium into a Ziplock bag or small Tupperware container. Add quartered paper towel pieces. Use to refresh skin or as a makeup remover.

Beach Waves with Lemon and Rosemary

Add 1 tsp. doTerra Healthy Hold Glaze, 2 tbls. Epsom salt, 1/2 tsp. sea salt to an 8 oz. spray bottle, followed by, 1/2 tsp doTerra Fractionated Coconut Oil, 5 drops Rosemary, 5 drops Lemon. Top with water and shake. Spray generously on hair while scrunching with hands for a natural, wavy look.

Cool Breeze with Peppermint and Ylang Ylang

Pour 1 cup Aloe Vera juice, 1/4 cup water, 3-5 drops Peppermint, 3-5 drops Ylang Ylang into a glass spray bottle; shake well before use. Avoid contact with eyes.

After Sun with Frankincense and Sandalwood

Combine 1 cup Aloe Vera Gel, 1/4 cup doTerra Fractionated Coconut Oil, 12-15 drops Frankincense, 8-10 drops Sandalwood to glass spray bottle; shake well before use. Spray on skin after sun exposure for a soothing affect.

Peppermint Mousse

1/4 cup milk chocolate chips
3/4 cup semi-sweet chocolate chips

1 3/4 cups heavy cream (separated)

2 drops Peppermint oil
3 tablespoons granulated sugar
1/2 teaspoon vanilla

1. Combine chips and 1/2 cup heavy cream in bowl, and melt in the microwave for 2 minutes, stirring every 30 seconds. Refrigerate for 10 minutes.
2. Whip the remaining heavy cream with 3 tablespoons granulated sugar, 1/2 teaspoon vanilla, and 2 drops Peppermint oil. Once peaks are formed, fold in chocolate mixture.
3. Serve immediately, or refrigerate