

Thyme For Me/June

Aroma Therapies Spa/814-443-1217

My Essential Oil Recipe Edition

Chocolate Macarons with Black Pepper Chocolate Ganache

1 cup powdered sugar
1/2 cup fine almond flour
2 tablespoons cocoa powder
2 large egg whites
(room temperature)
1/4 teaspoon cream of tartar
Pinch of salt
5 tablespoons granulated sugar

Ganache:

1/2 cup semi-sweet chocolate
1/2 cup heavy cream
2 drops Black Pepper oil

1. Preheat oven to 375° F.
2. Line baking sheet with parchment paper
3. Sift together powdered sugar, almond flour and cocoa powder into large bowl, and discard any large pieces.
4. Beat egg whites, salt, and cream of tartar until they form peaks. Add granulated sugar. Beat until stiff.
5. Fold the dry ingredients into the egg whites.
Hint: Using a rubber spatula, fold until smooth, not runny.
6. Fill pastry bag and pipe batter into 1-inch circles.
7. Tap baking sheet on the counter, until air bubbles come to the surface, and cookie mixture is flat.
8. Let macarons sit for 30 minutes, then bake for 12 minutes.
9. Combine ingredients for ganache. Microwave for 2 minutes, stirring every 30 seconds. Once combined, refrigerate for 20 minutes.
10. Once cookies are cool, fill with ganache and refrigerate for 1 hour.

Overnight Cinnamon Muesli

2 cups quick oats
¼ cup raisins
¼ cup plain yogurt
1 tablespoon honey
1 toothpick Cinnamon Bark oil
3 cups half and half

- 1. Combine all ingredients and mix well.**
- 2. Cover and put in refrigerator overnight.**
- 3. Enjoy in the morning.**

Honey Thyme Roasted Carrots

2 pounds carrots peeled, tops removed
¼ cup apricot preserves
2 tablespoons honey
2 tablespoons olive oil
1 tablespoon butter, melted
1 teaspoon balsamic vinegar
1 teaspoon garlic powder
¼ teaspoon ground mustard
⅛ teaspoon ground cumin
1 teaspoon dried thyme
1 drop Thyme essential oil
1 teaspoon salt
¼ teaspoon black pepper

- 1. Preheat oven to 375 degrees Fahrenheit.**
- 2. Grease a baking sheet. Add carrots to center of pan. Set aside.**
- 3. In a medium bowl, whisk together ingredients and pour over carrots. Toss until evenly coated. Lay carrots in a single layer. Bake for 30–45 minutes, until fork tender. Stir after 20 minutes. Garnish with fresh parsley if desired.**

Apple Cream Cheese Rose Tarts

2 apples
3 drops Lemon essential oil
½ cup cream cheese, softened
½ cup powdered sugar
1 teaspoon vanilla
2 drops Cinnamon essential oil
2 sheets puff pastry

1. Preheat oven to 375 degrees Fahrenheit.
2. Core and thinly slice apples.
3. Combine apple slices, Lemon essential oil and water in a bowl to keep apples from browning. Pat apple slices dry and set aside.
4. Roll out puff pastry. Cut 4 even strips.
5. In a bowl, cream together cream cheese, powdered sugar, vanilla, and Cinnamon essential oil.
6. Spread cream cheese mixture on top half (long way) of puff pastry slices.
7. Arrange and layer apple slices on cream cheese mixture, cut side facing down.
8. Fold bottom half of plain puff pastry on top of cream cheese mixture and apple slices. Starting at one end, roll them up. Place in greased muffin tins.
9. Bake for 40 minutes.

The Rockwood Farmers Market will start our 2023 season on June 8th!

Rosemary Dinner Rolls

2 ¼ teaspoon active dry yeast
½ cup warm water
3 tablespoons sugar, divided
¾ cup warm milk
1 large egg
3 tablespoons butter, melted
2 tablespoons chopped fresh rosemary
2 drops Rosemary essential oil
1 ½ teaspoon salt
1 egg for brushing rolls, whisked
3 ½ cups all-purpose flour, then more as needed

1. In the bowl of an electric stand mixer whisk together yeast, warm water, and ½ teaspoon granulated sugar. Rest for 5 minutes
2. Set mixer with hook attachment and mix in remaining sugar, warm milk, egg, melted butter, fresh rosemary, Rosemary essential oil, and salt on low speed.
3. Add 2 cups flour and mix on low speed until combined. Slowly add in remaining flour until dough pulls away from the side of the bowl. Dough should be a little sticky.
4. Knead for 7–10 minutes until smooth and elastic.
5. Remove from mixer and cover bowl with a cloth for 1 hour or until doubled in size.
6. Place dough on clean workspace and divide into 12 equal parts. Roll each part into a smooth ball and place into a greased 9x11 baking pan.
7. Cover and let rise for 1 hour or until doubled in size.
8. Preheat oven to 350 degrees.
9. Gently brush tops of rolls evenly with 1 tablespoon whisked egg. Bake in preheated oven until tops are golden brown, about 23–26 minutes.



Hot Apple Cider

6 cups apple cider
¼ cup maple syrup
1 drop Cinnamon Bark oil
1 toothpick Clove oil
6 allspice berries
1 orange
1 lemon
1 apple

1. Combine apple cider, maple syrup, Cinnamon Bark oil, and Clove oil in large pot on simmer.
2. Slice orange, lemon, and apple.
3. Cut a square of cheesecloth, put allspice berries, orange, lemon, and apple in the middle.
4. Pick up corners of the cheesecloth and tie off with a string.
5. Put in pot and boil for 5–10 minutes.

Healthy Pumpkin Pie

1 15-ounce can pumpkin puree
1 13.5-ounce can full-fat coconut milk
¼ cup rolled oats
2 tablespoons ground flax
½ cup brown sugar
3 teaspoons ground cinnamon
1 drop Cinnamon essential oil
2 drops Clove essential oil
2 drops Ginger essential oil
½ teaspoon salt
1 egg
1 tablespoon pure vanilla extract
1 par baked pie crust

1. Preheat oven to 400 Fahrenheit.
2. Blend all ingredients together until smooth. Pour into a par baked pie crust in a 10-inch round pan.
3. Bake for 27 minutes
Note: It will look underdone at this time, don't worry. Refrigerate at least 5 hours uncovered. Pie will thicken and "set."
4. Top with fresh whipped cream.

Ginger Pancakes

1 ½ cups flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon cinnamon
1 drop Ginger oil
1 toothpick Clove oil
1 dash of nutmeg
1/3 cup brown sugar
2 tablespoons molasses
4 tablespoons butter, melted
¾ cup milk
2 eggs

1. In a large bowl, combine all dry ingredients.
2. In separate bowl, whisk together milk, butter, molasses, Ginger oil, Clove oil, and eggs.
3. Slowly add wet ingredients to the dry ingredients while mixing.
Tip: stir until combined; do not over-mix.
4. Scoop about a ¼ cup mixture onto skillet.
5. Flip when pancake begins to bubble.
Hint: cook for about 2 minutes on each side, or until golden brown.
6. Top with homemade Wild Orange syrup.

