

Thyme For Me/April

Aroma Therapies Spa/814-443-1217

SPOTLIGHTING 'DIGESTZEN'

Whether trying the cuisines of Italy or flying to the islands of Tahiti, introducing foreign food to the body and traveling long distances has the potential to disrupt the stomach's normal digestion. Using DigestZen can help maintain healthy digestion and soothe stomach upsets.

This blend contains: Anise Seed, Peppermint, Ginger, Caraway Seed, Coriander Seed, Tarragon and Fennel Seed Essential Oils. It's spicy, minty and has a licorice taste (which I love).

DigestZen can be used aromatically, internally and topically.

APPLE CARDAMOM BREAD

1 cup plain yogurt
1/2 cup sugar
2 lg. eggs
1 tsp. vanilla
2 tbs. coconut oil
1 drop cardamom oil
2 cups all-purpose flour
2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
2 small apples peeled and chopped
3/4 cup chopped pecans

Homemade Caramel Sauce

1/4 cup packed brown sugar
2 tbs. butter
1 tbs. milk

Preheat oven to 325 degrees. In a large bowl, mix yogurt, sugar, eggs, vanilla, coconut oil and cardamom oil. In separate bowl combine flour, baking powder, baking soda and salt. Add dry ingredients to liquid mixture and mix until just combined. Lightly fold in apples and pecans. Grease a 9x5 inch bread pan. Pour mixture into greased pan and place in the oven for 60 minutes, or until a knife comes out clean. In a small saucepan combine brown sugar, butter, and milk. Bring mixture to a boil, stirring constantly. cover and cook for 1 minute. Spread over cooked bread, when bread is done baking.

APPLE CIDER

8-10 apples
1/2 cup sugar
4 cinnamon sticks
3 tbs. allspice
2 drops wild orange oil

Slice apples into quarters and place them into large stock pot. Sprinkle sugar over apples and fill stock pot with water until apples are just covered. Add cinnamon sticks, allspice, and wild orange oil, to stock pot. Boil on high for one hour, checking frequently and adding water when needed to keep apples covered with liquid. Let simmer for another 2 hours, then let cool. Remove cinnamon stick and mash apples with a potato masher. Strain through cheesecloth over large bowl. When most of the juice has strained through, squeeze cheesecloth over the bowl until no juice comes. Store in refrigerator and reheat when ready to serve.

BAKED APPLE CRUMBLE

2 lg. tart apples
2 tbsp. butter, melted
2 tbsp. brown sugar
2 tbsp. all purpose flour
6 tbsp quick oats
1 drop of cinnamon bark oil

Preheat oven to 350 degrees. Cut apples in half, then core them using a knife or spoon. In a small bowl, combine brown sugar, flour, and oats. Combine butter and cinnamon bark oil in another small bowl and melt. Slowly pour butter mixture into dry ingredients while stirring. When combined, scoop into apples. Place on tray and bake for 30 minutes. When baked, cool for 5 minutes and serve with whipped cream or ice cream, if desired.