

Creamy Thyme Spread

Ingredients:

- 1 (8 ounce) package cream cheese, softened
- 1 tablespoon minced fresh thyme
- 1 tablespoon minced fresh parsley
- 1/2 teaspoon minced garlic
- Assorted crackers

Directions—in a bowl, combine the cream cheese, thyme, parsley and garlic; mix well. Cover and refrigerate until serving. Serve with crackers.



Carrot-Thyme Soup

Ingredients:

- 3 tablespoon olive oil
- 1 large onion, finely chopped
- 3 pound carrots, finely chopped
- 2 garlic cloves, minced
- 2 cup vegetable broth
- 1 baking potato, finely chopped
- 3 tablespoon agave
- 2 tbsp fresh thyme leaves
- 1 tbsp pure vanilla extract
- 1 can coconut milk plus more for swirling
- Salt and freshly ground black pepper to taste

Directions—heat oil in a large pan over medium heat. Add onions and carrots and cook, stirring often, until softened. Stir in garlic and cook, stirring, for 1 minute. Add broth, potato, agave, and thyme and bring to a boil. Reduce heat and cover. Simmer for 15 minutes. Transfer to a blender and puree. Return soup to pan. Stir in vanilla and coconut milk and bring to a simmer. Simmer, stirring, for 3 to 4 minutes and season with salt and pepper. Swirl with a little more coconut milk and serve hot or chilled.

Thyme Biscuits

Ingredients:

- 1/4lb unbleached white flour(about 7/8 cup)
- 1/4lb whole wheat flour (about 7/8 cup)
- 1/4teaspoon salt
- 1teaspoon sugar
- 2teaspoons baking powder
- 1/2teaspoon baking soda
- 1tablespoon fresh thyme leaves or 1 1/2 teaspoons dried thyme
- 3tablespoons unsalted butter
- 1/4cup skim milk

- 1/2 cup plain nonfat yogurt (or you can replace the yogurt AND milk with an equal amount of buttermilk)
- cooking spray

Directions—preheat oven to 450 degrees F. Prepare baking sheet with a light coating of cooking spray. Sift together the flours, salt, sugar, baking powder, and baking soda. Stir in the thyme. Cut in the butter, then take up the flour and roll briskly between the palms of your hands so the mixture has the consistency of coarse cornmeal. This step can also be done in a food processor fitted with the steel blade, using the pulse action.

Stir the milk and yogurt (or buttermilk) into the mixture. Lightly flour your hands. Using your hands, bring the dough together until it forms a lump. Use care to not over kneading the dough (as you would with bread) as that will result in hockey pucks not biscuits. It will be slightly sticky, that's okay. Again, the less you work the dough, the lighter your biscuits will be.

Roll out to a thickness of about 3/4 inch and cut into squares, triangles, or rounds. For bite-size biscuits, cut into squares, then cut the squares diagonally into small triangles.

Place on the prepared baking sheet and bake for 12 to 15 minutes, until they're just lightly browned. Caution, the smaller your biscuits, the shorter the baking time. Serve warm.

Lemon-Thyme Tea Bread Recipe

Ingredients:

- 3/4 cup milk
- 1 tablespoon minced fresh thyme or 1 teaspoon dried thyme
- 1/2 cup butter, softened
- 1 cup sugar
- 2 eggs
- 2 cups all-purpose flour
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 tablespoon lemon juice
- 1 tablespoon grated lemon peel

GLAZE:

- 1/2 cup confectioners' sugar
- 1 tablespoon lemon juice

Directions—in a microwave-safe bowl, combine milk and thyme. Microwave, uncovered, on high 1-2 minutes or until bubbly; cover and let stand until cooled to room temperature. Preheat oven to 350°. In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Combine flour, baking powder and salt; add to creamed mixture alternately with reserved milk mixture. Stir in lemon juice and peel.

Pour into a greased 9x5-in. loaf pan. Bake 40-45 minutes or until a toothpick inserted in center comes out clean. Cool 10 minutes before removing from pan to a wire rack. In a small bowl, combine glaze ingredients until smooth; drizzle over bread. Yield: 1 loaf (16 slices).