

CLASSIC Japanese

HERBAL RECIPES

Everything
Herbal

By Cheryl Jabz

NATURAL • FAITH • WELLNESS

Classic Japanese herbal recipes that celebrate the power of fresh herbs, sea vegetables, and natural ingredients used in traditional Japanese cooking. Simple. Nourishing. Rooted in nature.



MISO SOUP WITH WAKAME & GREEN ONIONS

Herbs: Green Onion, Wakame Seaweed

A warming, soothing soup with miso, tofu, wakame, and fresh green onions.



SHISO RICE

Herbs: Shiso (Perilla)

Fragrant rice mixed with finely chopped shiso leaves for a refreshing, herbal flavor.



SALMON WITH YUZU & SHISO

Herbs: Shiso, Yuzu

Baked salmon glazed with yuzu juice and soy, topped with fresh shiso for a bright finish.



HIJIKI SEAWEED SALAD

Herbs: Hijiki, Green Onion, Sesame Leaves

Nutritious seaweed salad with carrots, edamame, and a sesame-soy dressing.



UDON NOODLES WITH GREEN HERB BROTH

Herbs: Green Onion, Mitsuha, Nori

Comforting udon noodles in a light dashi broth with fresh herbs and nori.



MATCHA & MINT GREEN TEA

Herbs: Matcha, Mint

Antioxidant-rich green tea with a touch of mint for a refreshing, calming drink.



SESAME SPINACH WITH GINGER

Herbs: Ginger, Sesame Leaves

Blanched spinach tossed in a ginger-sesame dressing and garnished with sesame leaves.

HERBS OF JAPAN



SHISO (PERILLA)

Aromatic and vibrant, rich in antioxidants and tradition.



MITSUBA

Delicate and slightly peppery, supports digestion & detox.



WAKAME

Mineral-rich seaweed, great for thyroid & heart health.



YUZU

Citrusy and fragrant, supports immunity and digestion.



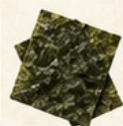
GREEN ONION

Fresh and mild, aids digestion and adds natural flavor.



GINGER

Warming and soothing, supports circulation and digestion.



NORI (SEAWEED)

Rich in iodine & minerals, supports energy & immunity.

Deuteronomy 8:7-8 (KJV)

"For the Lord thy God bringeth thee into a good land... a land of wheat, and barley, and vines, and fig trees, and pomegranates; a land of oil olive, and honey."



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NATURAL INGREDIENTS



FAITH INSPIRED



HERBAL LIVING



MADE WITH LOVE

Fresh Herbs • Sea Vegetables • Natural Flavors • Whole Foods
The Heart of Japanese Cooking!



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