

Bubbie's Daily Treat

Good Food ♥ Happy Days.
A Healthier You!

MADE WITH
LOVE &
HERBS!

Nourish
Today
for a
Brighter
Tomorrow

Fall
Flavors
Happier
Days.

TODAY'S HIGHLIGHT:

PUMPKIN SPICE OAT CRUMBLE

WARM • COMFORTING • NOURISHING • EASY TO MAKE

A cozy, wholesome treat made with real pumpkin, warm spices and a hearty oat crumble. It's naturally sweet, full of flavor, packed with nourishing ingredients, and the perfect taste of fall in every bite! ♥



REAL
FOOD



NATURAL
INGREDIENTS



NOURISHES
BODY & MIND



SIMPLE
TO MAKE



A SWEETER
TOMORROW

INGREDIENTS

(MAKES 1 PIE, 8 SERVINGS)

PUMPKIN FILLING:

- 1 (15 oz) can pure pumpkin (pumpkin puree)
- 1/2 cup maple syrup or honey
- 1/2 cup almond milk (or milk of choice)
- 2 large eggs (or flax eggs)
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/4 tsp ground cloves
- Pinch of sea salt

OAT CRUMBLE TOPPING:

- 1 1/2 cups rolled oats
- 1/2 cup almond flour (or whole wheat flour)
- 1/3 cup chopped pecans (or walnuts)
- 1/3 cup coconut oil (melted) or unsalted butter
- 1/4 cup maple syrup or honey
- 1 tsp cinnamon
- Pinch of sea salt

HOW TO MAKE:

- Preheat oven:** To 350°F (175°C). Grease a 9-inch pie dish.
- Make the filling:** In a large bowl, whisk pumpkin, maple syrup, milk, eggs, vanilla and spices until smooth. Pour into the pie dish.
- Make the crumble:** In a bowl, mix oats, almond flour, pecans, melted coconut oil (or butter), maple syrup, cinnamon and salt until crumbly.
- Add topping:** Sprinkle the crumble evenly over the pumpkin filling.
- Bake:** For 40–45 minutes, or until the filling is set and the topping is golden brown.
- Cool & enjoy:** Let cool for at least 30 minutes before slicing.

Perfect with a dollop of Greek yogurt or drizzle of honey! ♥

HERBAL BENEFITS



PUMPKIN – VITAMIN A & IMMUNE SUPPORT

Rich in beta-carotene, supports healthy eyes, immune function and glowing skin.



CINNAMON – BALANCE & WELLNESS

May help support healthy blood sugar levels and has anti-inflammatory properties.



GINGER – NATURAL RELIEF

Known for its soothing properties, may help support digestion and a healthy immune system.



OATS – HEART HEALTH

Provide fiber, help keep you full longer and support healthy cholesterol levels.



PECANS – GOOD FATS & ANTIOXIDANTS

Packed with healthy fats, vitamins and antioxidants that support brain and heart health.



A HAPPIER MOOD

The warm spices and wholesome ingredients can uplift your mood and bring comfort.



BETTER CHOICES

Made with simple, natural ingredients for a treat that nourishes your body, satisfies your cravings and supports overall well-being.

"Good food
brings people together,
healthy food keeps us
together."
– Bubbie ♥

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SIMPLE RECIPES. STRONGER DAYS. A BRIGHTER YOU. ♥