

# Bubbie's Daily Treat

Good Food ♥ Happy Days.  
A Healthier You!

MADE-  
WITH  
LOVE &  
HERBS.  
♥

Nourish  
Today  
for a  
Brighter  
Tomorrow  
♥

Small  
Treats  
Brighter  
Days.  
♥

TODAY'S HIGHLIGHT:

## VANILLA BERRY CHIA PUDDING PARFAITS

FRESH • CREAMY • NOURISHING • EASY TO MAKE

A creamy, dreamy treat made with chia seeds, real vanilla, and fresh berries! Naturally sweet, packed with nutrients, and layered with wholesome goodness — the perfect make-ahead dessert or snack to brighten your day! ♥



REAL  
FOOD



NATURAL  
INGREDIENTS



NOURISHES  
BODY & MIND



SIMPLE  
TO MAKE



A SWEETER  
TOMORROW

### INGREDIENTS (MAKES 4 SERVINGS)

#### CHIA PUDDING:

- 1/2 cup chia seeds
- 2 cups milk (or almond, oat or coconut milk)
- 1/4 cup maple syrup or honey
- 1 tsp vanilla extract
- Pinch of sea salt

#### LAYERING & TOPPINGS:

- 1 cup plain Greek yogurt (or dairy-free yogurt)
- 2 cups mixed fresh berries (strawberries, blueberries, raspberries, or blackberries)
- 1/2 cup granola (optional)
- 1 tbsp chopped nuts (optional)
- 1 tbsp shredded coconut (optional)
- Fresh mint leaves (optional)

### HOW TO MAKE:

- 1** **Make the chia pudding:** In a bowl, whisk together chia seeds, milk, maple syrup (or honey), vanilla and salt.
- 2** **Let it rest:** Cover and refrigerate for at least 4 hours, or overnight, stirring once or twice, until thick and creamy.
- 3** **Prepare toppings:** Wash and slice fresh berries. If using nuts or granola, have ready.
- 4** **Layer:** In glasses or jars, layer chia pudding, yogurt, berries and granola. Repeat layers until full.
- 5** **Garnish:** Top with extra berries, chopped nuts, a sprinkle of coconut, and a fresh mint leaf.
- 6** **Enjoy:** Serve immediately or keep refrigerated for up to 3 days. A wholesome treat any time of day!

*Good layers. Brighter days.  
You deserve it!* ♥

LET'S STAY CONNECTED!



@BubbiesDailyTreat

Recipes • Wellness Tips • A Happier You

### HERBAL BENEFITS



#### BERRIES – ANTIOXIDANT POWER

Rich in antioxidants, vitamin C, and polyphenols, may help support heart health, brain function and a strong immune system.



#### CHIA SEEDS – OMEGA-3 & FIBER

High in fiber, omega-3 fatty acids, protein and minerals that support heart health, digestion and lasting energy.



#### VANILLA – CALM & UPLIFTING

Known for its soothing properties, may help reduce stress and promote a positive mood.



#### YOGURT – GUT HEALTH

Provides probiotics that support digestion, a healthy gut, and a stronger immune system.



#### NUTS – GOOD FATS & VITAMIN E

Packed with healthy fats, protein and vitamin E, supporting brain and heart health.



#### A HAPPIER MOOD

Wholesome, colorful foods can uplift your mood, nourish your body and bring a little joy to your day.



#### BETTER CHOICES

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



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Healthy  
Treats  
Happier  
Days.  
♥

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

Bubbie  
♥

SIMPLE RECIPES. STRONGER DAYS. A BRIGHTER YOU. ♥