



DAILY Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. ♡

TODAY'S HIGHLIGHT: CRANBERRY MINT OAT ENERGY BITES

Chewy oats, tart cranberries, rich almond butter, and a touch of mint create a naturally sweet and energizing bite. Perfect for a wholesome pick-me-up anytime, anywhere. ♡

MAKES 14 BITES • PREP 15 MIN • CHILL 30 MIN

INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup almond butter
- 1/4 cup honey or maple syrup
- 1/4 cup dried cranberries, chopped
- 2 Tbsp mini dark chocolate chips
- 1 Tbsp ground flaxseed
- 1 tsp dried peppermint leaves (or 1/2 tsp peppermint extract)
- 1/4 tsp vanilla extract
- Pinch of sea salt

HOW TO MAKE:

- 1 In a large bowl, mix oats, cranberries, chocolate chips, flaxseed, peppermint leaves, and salt.
- 2 In a small bowl, stir almond butter, honey (or maple syrup), and vanilla until smooth.
- 3 Pour wet mixture into dry ingredients and stir until well combined.
- 4 Roll mixture into 14–16 bite-sized balls.
- 5 Place on a tray and refrigerate for 30 minutes to firm up.

Store in the fridge up to 1 week. ♡

Simple ingredients.
Bright herbal flavor.



TINY HERBAL TIP
Peppermint may help reduce stress and refresh your mind.

Sharing herbal knowledge, recipes & natural living to help you thrive — naturally! ♡

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Thank you for being
part of this herbal
wellness journey!



HERBAL BENEFITS:



MINT DIGESTIVE SUPPORT

Peppermint helps soothe digestion and may ease occasional bloating.



CRANBERRY ANTIOXIDANTS

Cranberries are rich in antioxidants that support immune health and fight free radicals.



NATURAL ENERGY

Oats, almond butter, and flaxseed provide steady energy and help support focus.



HEART HEALTH

Flaxseed and oats support healthy cholesterol levels and heart wellness.



BETTER MOOD

Mint aroma can uplift your mood and promote a sense of calm and clarity.