



EVERYTHING HERBAL

by Cheryl Jabz ♥

PLANT • NOURISH • THRIVE

Cinnamon HERBAL CHEESECAKE MOUSSE

SUGAR FREE

SUGAR FREE

Naturally Sweetened!

DOWNLOAD THIS RECIPE

Thanks for Supporting Herbal Wellness!

HERBS FOR FLAVOR

SWEETNESS WITHOUT SUGAR

Light, fluffy, and luxuriously creamy! This Cinnamon Herbal Cheesecake Mousse is sugar free, packed with warm cinnamon flavor and a touch of herbal goodness. A guilt-free dessert that feels indulgent and satisfies every time!



INGREDIENTS

- 8 oz cream cheese, softened
- 1 cup plain Greek yogurt (whole milk or 2%)
- 1/4 cup heavy whipping cream
- 2-3 tbsp monk fruit sweetener (or to taste)
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg (optional)
- 1 tsp lemon zest (optional)
- 1/2 tsp cinnamon herbal tea (cooled) or lemon balm tea (cooled)
- Pinch of sea salt



DIRECTIONS

- 1 In a large bowl, beat cream cheese until smooth and creamy.
- 2 Add Greek yogurt, monk fruit sweetener, vanilla extract, cinnamon, nutmeg, lemon zest, herbal tea, and sea salt. Beat until well combined.
- 3 In a separate bowl, whip heavy cream until soft peaks form.
- 4 Gently fold the whipped cream into the cheesecake mixture until light and fluffy.
- 5 Spoon mousse into individual cups or jars.
- 6 Cover and refrigerate for at least 2-3 hours, or until set. Garnish with a sprinkle of cinnamon or a fresh herb leaf. Enjoy!



CHERYL'S TIP

For an extra herbal touch, use lemon balm or chamomile tea instead of water in your mousse! or refreshing!



HERBAL HIGHLIGHTS



CINNAMON

Supports healthy blood sugar levels, warms the body, and adds natural antioxidant protection.



LEMON BALM

Traditionally used to promote relaxation, reduce stress, and support digestion.



GREEK YOGURT

High in protein and probiotics for gut health and long-lasting satisfaction.



SUGAR FREE



LOW CARB



KETO FRIENDLY



GLUTEN FREE



HIGH IN PROTEIN



Made with Love, Nature & Herbs

Simple ingredients. Powerful benefits.

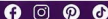
Made for you and your family. ♥

PERFECT FOR:

- ♥ Healthy Desserts
- ♥ Keto & Low Carb Diets
- ♥ Guilt-Free Indulgence

- ♥ Meal Prep
- ♥ Sweet Cravings
- ♥ Herbal Living ♥

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www.EverythingHerbalbyCherylJabz.com
Bringing the Power of Herbs to Your Kitchen and Your Life!

THANK YOU!