

Bubbie's Daily Treat

Good Food ♥ Happy Days.
A Healthier You!

MADE WITH
LOVE &
HERBS: ♥

Nourish
Today
for a
Brighter
Tomorrow
♥

Wholesome
Ingredients
Brighter
Days.
♥

TODAY'S HIGHLIGHT:

SPICED PEAR & WALNUT BAKED OATS ♥

COZY • NOURISHING • NATURALLY SWEET • EASY TO MAKE

Warm, comforting baked oats made with juicy pears, cozy spices and crunchy walnuts. Naturally sweet, full of flavor, and packed with nourishing ingredients — the perfect breakfast (or anytime) treat to make your day a little brighter! ♥



REAL
FOOD



NATURAL
INGREDIENTS



NOURISHES
BODY & MIND



SIMPLE
TO MAKE



A SWEETER
TOMORROW

INGREDIENTS

(MAKES 6-8 SERVINGS)

OAT BASE:

- 2 cups old-fashioned rolled oats
- 1 1/2 cups milk (or almond milk)
- 1/2 cup plain Greek yogurt (or dairy-free yogurt)
- 1/4 cup maple syrup or honey
- 2 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/4 tsp sea salt

FRUIT & ADD-INS:

- 3 ripe pears (peeled, cored, diced)
- 1/2 cup chopped walnuts
- 1/4 cup dried cranberries (optional)
- Zest of 1 lemon (optional)

TOPPING (OPTIONAL):

- 1/4 cup chopped walnuts
- 2 tbsp rolled oats
- 1 tbsp maple syrup or honey
- 1/2 tsp ground cinnamon

HOW TO MAKE:

- Preheat oven:** To 350°F (175°C). Lightly grease an 8x8-inch baking dish.
- Mix the base:** In a large bowl, combine oats, milk, yogurt, maple syrup, vanilla, cinnamon, nutmeg, ginger and salt.
- Add the pears:** Gently fold in diced pears, walnuts and cranberries (if using).
- Transfer:** Pour the mixture into the prepared baking dish and spread evenly.
- Add topping:** In a small bowl, combine topping ingredients and sprinkle over the oats.
- Bake:** For 35-40 minutes, or until golden and set. Cool for a few minutes and enjoy!

Warm flavors. Happy hearts.
A brighter you! ♥

LET'S STAY CONNECTED!



@BubbiesDailyTreat

Recipes • Wellness Tips • A Happier You

HERBAL BENEFITS



PEARS – FIBER & DIGESTION

Rich in fiber, vitamins C & K, and antioxidants. May support digestion, heart health and a strong immune system.



WALNUTS – BRAIN & HEART HEALTH

Packed with healthy fats, protein, vitamin E and antioxidants that support brain function and heart health.



CINNAMON – BALANCE & WELLNESS

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



CRANBERRIES – ANTIOXIDANT POWER

Rich in antioxidants, may help support urinary tract health and overall immune function.



A HAPPIER MOOD

Wholesome ingredients 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 nourishes your body, satisfies your cravings and supports overall wellness.



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Healthy
Treats
Happier
Days.
♥

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

SIMPLE RECIPES. STRONGER DAYS. A BRIGHTER YOU. ♥