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Everything HERBAL

by Cheryl Jabz

Faith • Herbs • Health

Made with
Herbs
and
Irish Tradition



COLCANNON

A Classic Irish Comfort Food



Luke 11:42 (KJV)

“...ye tithe
mint and rue
and all manner
of herbs...”

HERBS & THEIR BENEFITS



KALE (CABBAGE)

Rich in vitamins A, C & K;
supports digestion and
immune health.



GREEN ONIONS (SCALLIONS)

Mild and flavorful,
supports heart health
and digestion.



PARSLEY

Detoxifying and rich
in antioxidants;
supports overall wellness.



THYME

Soothing and warming;
supports respiratory
and immune health.



GARLIC

Supports heart health
and immunity; adds
depth of flavor.

RECIPE HIGHLIGHTS



Creamy mashed potatoes
blended with tender cabbage
(kale) and herbs.



Simple, wholesome
ingredients with incredible
Irish flavor.



Perfect as a side dish or a
hearty comfort meal!



MADE WITH SIMPLE INGREDIENTS



POTATOES



CABBAGE (KALE)



GREEN ONIONS



GARLIC



BUTTER



MILK



HERBS & SPICES

Luke 11:42 (KJV)

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and rue and all
manner of herbs...”



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NATURAL INGREDIENTS



FAITH INSPIRED



HERBAL LIVING



MADE WITH LOVE

