



# Bubbie's ~ DAILY ~ HERBAL TREAT

NOURISHING TREATS MADE WITH GOD'S GOODNESS



## Bubbie's Cinnamon Apple Oatmeal Cups

Soft baked oatmeal cups with juicy apples, warm cinnamon, walnuts and a touch of maple syrup.

*A wholesome treat for any time of day!*

MADE WITH  
Real Food  
Herbs  
Love &  
Purpose

Made  
with  
Love



### INGREDIENTS

- 1 ½ cups old-fashioned oats
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp baking powder
- ¼ tsp sea salt
- 1 cup finely diced Honeycrisp apple (about 1 medium apple)
- ¼ cup chopped walnuts
- ¼ cup raisins or dried cranberries (optional)
- ½ cup unsweetened applesauce
- ½ cup pure maple syrup
- 1 large egg
- 1 tsp vanilla extract
- ¼ cup almond milk (or milk of choice)

### DIRECTIONS

- 1 Preheat oven to 350°F (175°C). Line a 12-cup muffin tin with paper liners or lightly grease.
- 2 In a large bowl, combine oats, cinnamon, nutmeg, baking powder, and sea salt.
- 3 Stir in diced apple, walnuts, and raisins (if using).
- 4 In another bowl, whisk together applesauce, maple syrup, egg, vanilla, and almond milk.
- 5 Pour wet ingredients into the dry ingredients and stir until well combined.
- 6 Divide mixture evenly among muffin cups, filling each about ¾ full.
- 7 Bake for 18–22 minutes or until tops are golden and set. Let cool for 5 minutes in the pan, then transfer to a wire rack.

### HERBAL HIGHLIGHT

#### Cinnamon

Cinnamon (*Cinnamomum verum*) contains plant compounds called polyphenols and has antioxidant properties. Research also suggests cinnamon may modestly support healthy blood-sugar regulation, although it shouldn't replace medical treatment.

GOD'S  
HERBS  
for  
OUR  
HEALTH



### Bubbie's Tip

Store in an airtight container in the refrigerator for up to 5 days or freeze for up to 2 months. Warm slightly for a cozy, comforting treat!

### BIBLE VERSE

*"Taste and see  
that the Lord is good;  
blessed is the one who  
takes refuge in him."*

PSALM 34:8 (NIV)

### HEALTH BENEFITS



**OATS** – Provide soluble fiber (beta-glucan) that supports heart health and keeps you feeling full longer.



**APPLES** – Rich in fiber and antioxidants that support digestion and overall wellness.



**WALNUTS** – Excellent source of healthy unsaturated fats and omega-3 ALA that support heart and brain health.



**CINNAMON** – Traditionally used to support healthy digestion and may help maintain healthy blood sugar already in a normal range.

Herbal Goodness for the Body, Mind & Spirit



www.EverythingHerbalbyCherylJabz.com



@EverythingHerbalbyCherylJabz

SCAN TO VISIT  
MY WEBSITE!

