



HERBAL ENERGY BITES

— NOURISH YOUR BODY. BRIGHTEN YOUR DAY. — 

A simple, wholesome herbal treat that's delicious, energizing, and easy to make!

Perfect for a mid-day pick-me-up or a better-for-you snack. 

INGREDIENTS:

-  1 cup rolled oats
-  1/2 cup almond butter (or nut butter of choice)
-  1/4 cup raw honey (or maple syrup)
-  1/4 cup ground flaxseed
-  2 Tbsp chia seeds
-  1 tsp dried chamomile
-  1 tsp dried lavender
-  1/2 tsp ground cinnamon
-  1/4 cup chopped walnuts (optional)

HOW TO MAKE:

-  In a large bowl, mix all ingredients until well combined.
-  Roll into 1-inch balls and place on a lined tray.
-  Chill in the fridge for at least 30 minutes.
-  Store in an airtight container in the fridge for up to 1 week.

*Simple ingredients.
Powerful benefits.*



HERBAL BENEFITS:



CHAMOMILE – Calms the mind, reduces stress & supports relaxation.



LAVENDER – Supports mood balance & promotes a sense of calm.



CINNAMON – Helps support healthy blood sugar levels & circulation.



FLAXSEED & CHIA – Rich in omega-3s, fiber & help support heart health and digestion.



TINY HERBAL TIP

Keep your energy bites in the fridge for a cool, chewy texture and longer freshness!



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