

Everything
HERBAL

by Cheryl Jabz

HERBAL
GOODNESS
in every bite!

Treat
Yourself
Naturally

DAILY Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY.

TODAY'S HIGHLIGHT:

LEMON BLUEBERRY WHITE CHOCOLATE COOKIES

BRIGHT • CHEWY • FRUITY • WHOLESOME

Soft, chewy cookies bursting with juicy blueberries, zesty lemon and creamy white chocolate. Made with wholesome oats and simple, natural ingredients, this is a feel-good treat that's easy to make, delicious to share, and perfect for any time of day!

MAKES 12 COOKIES • PREP 10 MIN • BAKE 12 MIN

INGREDIENTS:

- 2 ripe bananas, mashed
- 1 1/2 cups rolled oats (old-fashioned)
- 1/3 cup almond butter (or peanut butter)
- 1/4 cup honey or maple syrup
- 1 tsp vanilla extract
- Zest of 1 lemon
- 1 tbsp fresh lemon juice
- 1/2 tsp baking powder
- 1/4 tsp sea salt
- 1/2 cup fresh or frozen blueberries (gently folded in)
- 1/3 cup white chocolate chips (or dairy-free)
- 1/4 cup chopped walnuts (optional)
- 1/4 cup shredded coconut (optional)

HOW TO MAKE:

- 1 Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, mash the bananas.
- 3 Add almond butter, honey, vanilla extract, lemon zest, lemon juice, baking powder and salt. Mix well.
- 4 Stir in rolled oats, white chocolate chips, blueberries and any optional ingredients.
- 5 Scoop tablespoon-sized portions onto the baking sheet and gently flatten.
- 6 Bake for 10–12 minutes, until lightly golden. Let cool and enjoy!

Store in an airtight container for up to 5 days.

Simple ingredients.
Beautiful herbal moments.

TINY HERBAL TIP

Lemon zest and blueberries may help support brain health and a positive mood.

HERBAL BENEFITS:

LEMON IMMUNE SUPPORT

Lemons are rich in vitamin C and antioxidants that help support immunity, healthy skin and a brighter mood.

BLUEBERRY BRAIN HEALTH

Blueberries are packed with antioxidants that help support brain function, memory and healthy aging.

OATS LASTING ENERGY

Oats provide fiber and complex carbohydrates to keep you feeling full, energized and satisfied.

NATURAL MOOD BOOSTER

The combination of lemon, berries and wholesome ingredients may help uplift your mood and reduce stress naturally.

BETTER CHOICES

Made with simple, natural ingredients for a treat that nourishes your body, satisfies your sweet cravings and supports overall well-being.

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Thank you for being
part of this herbal
wellness journey!