



Bubbie's ~ DAILY ~ HERBAL TREAT

NOURISHING TREATS MADE WITH GOD'S GOODNESS



MADE WITH
Real Food
Herbs
Love &
Purpose

Made
with
Love

HERBAL HIGHLIGHT

Turmeric

Turmeric (*Curcuma longa*) contains curcumin, a powerful plant compound with antioxidant and anti-inflammatory properties. Research suggests it may help support a healthy immune response and overall wellness.

GOD'S
HERBS
for
OUR
HEALTH

Bubbie's Tip

Prep a batch on Sunday and keep them in the fridge for an easy, nourishing grab-and-go snack all week. Perfect before a busy day or after a workout!

BIBLE VERSE

"I can do all this
through him who
gives me strength."

PHILIPPIANS 4:13 (NIV)



Bubbie's Golden Immunity Bites

No-bake bites made with warming spices, citrus, and superfoods to support your body naturally.

A golden bite of wellness for every day!

INGREDIENTS

- 1 cup old-fashioned oats
- ½ cup cashews or almonds
- ½ cup pitted dates, finely chopped
- ¼ cup shredded unsweetened coconut
- 2 Tbsp ground flaxseed
- 1 Tbsp chia seeds
- 2 Tbsp honey or maple syrup
- 1 tsp fresh lemon zest
- 2 Tbsp fresh lemon juice
- 1 tsp ground turmeric
- ½ tsp ground ginger
- ¼ tsp ground cinnamon
- Pinch of black pepper
- ¼ tsp vanilla extract
- 2-3 Tbsp water (as needed)

DIRECTIONS

- 1 In a food processor, pulse oats, cashews, and dates until a coarse, sticky mixture forms.
- 2 Add remaining ingredients (except water) and pulse again to combine.
- 3 If mixture is too dry, add water 1 teaspoon at a time until it holds together when pressed.
- 4 Scoop about 1 tablespoon of mixture and roll into balls.
- 5 Place on a tray lined with parchment paper.
- 6 Refrigerate for at least 30 minutes to set.
- 7 Store in an airtight container in the refrigerator for up to 1 week.

HEALTH BENEFITS



TURMERIC – Contains curcumin, which has antioxidant and anti-inflammatory properties.



GINGER – Traditionally used to support digestion and soothe occasional nausea.



LEMON – High in vitamin C and antioxidants; supports immune health and detoxification.



FLAXSEED & CHIA – Excellent source of omega-3s, fiber and lignans that support heart and gut health.

Herbal Goodness for the Body, Mind & Spirit



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