



DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT:

PEAR GINGER WALNUT CRUMBLE SQUARES

Tender pears, warm ginger, cinnamon, walnuts and a buttery oat crumble create a cozy, irresistible dessert. 

INGREDIENTS:

- 4 cups peeled, sliced ripe pears
- 1 Tbsp lemon juice
- 1/3 cup honey or maple syrup
- 1 tsp vanilla extract
- 1 Tbsp fresh ginger, finely grated
- 1 tsp ground cinnamon
- 1 cup old-fashioned oats
- 3/4 cup all-purpose flour
- 1/2 cup chopped walnuts
- 1/2 cup brown sugar
- 1/2 cup butter, melted

HOW TO MAKE:

- 1 Heat oven to 350°F.
- 2 Toss pears with lemon, honey, vanilla, ginger and cinnamon.
- 3 Spread in a greased 8-inch pan.
- 4 Mix oats, flour, walnuts, brown sugar and butter; sprinkle over pears.
- 5 Bake 35–40 minutes; cool completely and slice.

HERBAL BENEFITS:



WARM GINGER SPICE

Fresh ginger adds bright, warming flavor.



PEAR-FECTLY SWEET

Ripe pears bring juicy natural sweetness.



CRUNCHY & COZY

Walnuts and cinnamon add texture and depth.



EASY TO SHARE

Slice into squares for gatherings or dessert.



*Simple ingredients.
Warm herbal flavor.*



TINY HERBAL TIP

Grate ginger finely so its flavor blends evenly.

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*Thank you for being
part of this herbal
wellness journey!*

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