



HERBAL
GOODNESS
in every bite!

DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT: RASPBERRY LEMON BALM CHIA CUPS

Creamy chia pudding, juicy raspberries and fresh lemon balm create a bright, refreshing treat. 



INGREDIENTS:

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk
- 1/2 cup fresh raspberries
- 1 Tbsp raw honey (optional)
- 1 tsp lemon zest
- 1 Tbsp fresh lemon balm, finely chopped

HOW TO MAKE:

- 1 Stir chia seeds and milk together.
- 2 Add honey and lemon zest.
- 3 Chill for 2 hours or overnight.
- 4 Layer with fresh raspberries.
- 5 Top with lemon balm and serve.

*Simple ingredients.
Bright berry flavor.*



TINY HERBAL TIP

Stir the chia mixture twice during the first 10 minutes to help prevent clumps.

HERBAL BENEFITS:



FIBER-RICH

Chia seeds provide satisfying fiber.



ANTIOXIDANT-RICH

Raspberries provide colorful plant compounds.



BRIGHT & HERBAL

Lemon balm and zest add fresh, fragrant flavor.



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A simple chilled treat ready when you are.

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part of this herbal
wellness journey!*



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