

# Bubbie's Daily Treat

Good Food ♥ Happy Days.  
A Healthier You!

MADE WITH  
LOVE & HERBS.  
♥

Nourish  
Today  
for a  
Brighter  
Tomorrow  
♥

Cozy  
Flavors  
Happier  
Days.  
♥

Fall  
Goodness  
in Every  
Bite!  
♥

## TODAY'S HIGHLIGHT: APPLE CINNAMON HERBAL CRISP ♥

WARM • COMFORTING • NOURISHING • EASY TO MAKE

A delicious, wholesome crisp made with juicy apples, warm cinnamon, a hint of vanilla, and a crunchy oat topping. Naturally sweet, full of flavor, and packed with nourishing ingredients — the perfect cozy treat for a brighter, healthier you! ♥

REAL  
FOOD

NATURAL  
INGREDIENTS

NOURISHES  
BODY & MIND

SIMPLE  
TO MAKE

A SWEETER  
TOMORROW

### INGREDIENTS (MAKES 6-8 SERVINGS)

#### APPLE FILLING:

- 6 cups apples (peeled, sliced) (Granny Smith, Honeycrisp or your favorite)
- 2 tbsp lemon juice
- 1/4 cup maple syrup or honey
- 1 tsp vanilla extract
- 2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 14 tsp cornstarch
- Pinch of sea salt

#### OAT CRUMBLE TOPPING:

- 1 1/2 cups rolled oats
- 1/2 cup almond flour (or whole wheat flour)
- 1/3 cup chopped pecans (or walnuts)
- 1/4 cup coconut oil (melted) or unsalted butter
- 1/4 cup maple syrup or honey
- 1 tsp cinnamon
- 1/4 tsp sea salt

### HOW TO MAKE:

- Preheat oven:** To 350°F (175°C). Grease an 8x8-inch baking dish.
- Make the filling:** In a large bowl, toss sliced apples with lemon juice, maple syrup, vanilla, cinnamon, nutmeg, cornstarch and salt. Spread into the baking dish.
- Make the crumble:** In a bowl, mix oats, almond flour, pecans, coconut oil (or butter), maple syrup, cinnamon and salt until crumbly.
- Add topping:** Sprinkle the oat crumble evenly over the apples.
- Bake:** For 35-40 minutes, or until the apples are tender and the topping is golden brown.
- Cool & enjoy:** Let cool for at least 10-15 minutes before serving.

*Delicious on its own or with a dollop of Greek yogurt or a drizzle of honey!* ♥

## HERBAL BENEFITS



### APPLES – FIBER & IMMUNE SUPPORT

Rich in fiber, vitamin C and antioxidants that support heart health and a strong immune system.



### CINNAMON – BALANCE & WELLNESS

May help support healthy blood sugar levels and has anti-inflammatory properties.



### OATS – HEART HEALTH

Provide fiber, help keep you full longer and support healthy cholesterol levels.



### PECANS – GOOD FATS & ANTIOXIDANTS

Packed with healthy fats, vitamins and antioxidants that support brain and heart health.



### A HAPPIER MOOD

The warm flavors and wholesome ingredients can uplift your mood and bring a little joy to your day.



### BETTER CHOICES

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



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"Good food  
brings people together,  
healthy food keeps us  
together."  
– Bubbie ♥

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♥

SIMPLE RECIPES. STRONGER DAYS. A BRIGHTER YOU. ♥