

Bubbie's Daily Treat

Good Food ♥ Happy Days.
A Healthier You!

MADE-
WITH
LOVE &
HERBS.
♥

TODAY'S HIGHLIGHT:

HAUNTED CHOCOLATE HERBAL CAKE ♥

MOIST • RICH • NOURISHING • EASY TO MAKE

A rich, moist chocolate cake made with wholesome ingredients, warm spices, and nourishing herbs. Naturally sweet, full of deep chocolate flavor, and the perfect Halloween treat to bring a little magic, joy, and brighter days to your table! ♥



REAL
FOOD



NATURAL
INGREDIENTS



NOURISHES
BODY & MIND



SIMPLE
TO MAKE



A SWEETER
TOMORROW

INGREDIENTS (MAKES 12 SLICES)

DRY INGREDIENTS:

- 1 1/2 cups whole wheat pastry flour (or oat flour)
- 1/2 cup unsweetened cocoa powder (high quality)
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp sea salt

WET INGREDIENTS:

- 1/2 cup maple syrup or honey
- 1/2 cup unsweetened applesauce
- 1/3 cup olive oil or melted coconut oil
- 3 large eggs (or flax eggs)
- 1 cup Greek yogurt (or dairy-free yogurt)
- 2 tsp vanilla extract
- 1/2 cup strong brewed chamomile or peppermint tea (cooled)

ADD-INS (OPTIONAL):

- 1/2 cup dark chocolate chips
- 1/2 cup chopped nuts
- 1/4 cup pumpkin seeds

HOW TO MAKE:

1

Preheat oven: To 350°F (175°C). Grease and line an 8-inch round cake pan with parchment paper.

2

Mix dry ingredients: In a large bowl, whisk flour, cocoa powder, baking soda, baking powder, cinnamon, nutmeg and salt.

3

Mix wet ingredients: In another bowl, whisk maple syrup, applesauce, oil, eggs, yogurt, vanilla and cooled herbal tea until smooth.

4

Combine: Gradually add the dry ingredients to the wet ingredients. Stir until just combined. Fold in chocolate chips, nuts or seeds.

5

Bake: Pour batter into prepared pan. Bake for 28–35 minutes, or until a toothpick comes out clean.

6

Cool & decorate: Let cake cool completely. Top with chocolate ganache or yogurt frosting and spooky decorations!

*Wholesome ingredients. Magical moments.
A brighter you! ♥*

LET'S STAY CONNECTED!



@BubbiesDailyTreat

Recipes • Wellness Tips • A Happier You

HERBAL BENEFITS



COCOA – MOOD & HEART HEALTH

Rich in antioxidants (flavonoids), may support heart health, brain function and a happier mood.



CHAMOMILE TEA – CALM & SLEEP

Known for its soothing properties, may help reduce stress, promote relaxation and support restful sleep.



PUMPKIN SEEDS – MINERALS & ENERGY

Packed with magnesium, zinc, iron and healthy fats, supporting energy, immune health and brain function.



CINNAMON – BALANCE & WELLNESS

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



YOGURT – GUT HEALTH

Provides probiotics that support digestion, a healthy gut and a stronger immune system.



NUTS – GOOD FATS & BRAIN HEALTH

Rich in healthy fats, protein, vitamin E and minerals that support heart health and brain function.



A HAPPIER MOOD

Wholesome, flavorful foods can uplift your mood, nourish your body and bring a little joy to your day.



BETTER CHOICES

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

Spooky
Sweets
Brighter
Days!
♥

A Slice
of Goodness
for a
Brighter
You! ♥



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Healthy
Treats
Happier
Days.
♥

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

Bubbie
♥

SIMPLE RECIPES. STRONGER DAYS. A BRIGHTER YOU. ♥