



*Bringing the goodness
of herbs into everyday life,
naturally.*



INGREDIENTS

- ♥ 2 cups old-fashioned oats
- ♥ 1 cup mixed nuts (almonds, walnuts, pecans) – roughly chopped
- ♥ 1/2 cup pumpkin seeds
- ♥ 1/4 cup sunflower seeds
- ♥ 1/3 cup honey
- ♥ 2 tbsp natural almond or peanut butter
- ♥ 1 tsp vanilla extract
- ♥ 1/2 tsp ground cinnamon
- ♥ 1/4 tsp dried rosemary or thyme
- ♥ Pinch of sea salt
- ♥ Optional: 1/4 cup dried cranberries or raisins



DIRECTIONS

- 1 Preheat oven to 325°F (160°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine oats, nuts, seeds, cinnamon, herbs, and salt.
- 3 In a small saucepan over low heat, warm honey and nut butter until smooth. Remove from heat and stir in vanilla.
- 4 Pour the honey mixture over the dry ingredients and mix well to coat.
- 5 Spread evenly onto the baking sheet and bake for 15–18 minutes, stirring once halfway through.
- 6 Let cool completely. Stir in dried cranberries if using.
- 7 Break into clusters and enjoy!

*Store in an airtight container
for up to 2 weeks.*



Simple • Fresh • Herbal • Delicious

HERBAL Honey Clusters

NATURALLY SWEET • CRUNCHY • DELICIOUS

A wholesome, herbal-infused snack made with
honey, nuts, seeds & a touch of herbs!



HERBAL BENEFITS

- ♥ **Rosemary** – Supports memory, focus, and circulation.
- ♥ **Thyme** – Offers antioxidants and immune-supporting properties.
- ♥ **Cinnamon** – Helps balance blood sugar and adds warm, comforting flavor.
- ♥ **Honey** – Natural energy booster with soothing, antibacterial benefits.

TIPS & VARIATIONS

- ♥ Use your favorite nuts and seeds.
- ♥ Add a pinch of cardamom or ginger for extra warmth.
- ♥ Drizzle with a little dark chocolate for an indulgent twist.
- ♥ Great served over yogurt, in trail mix, or on oatmeal!



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