

Bubbie's Daily Treat

Good Food ♥ Happy Days.
A Healthier You!

MADE WITH LOVE & HERBS: ♥

Nourish Today for a Brighter Tomorrow ♥

Sweet Spices Brighter Days ♥

TODAY'S HIGHLIGHT:

BAKED APPLE CRANBERRY OATMEAL ♥

HEARTY • NOURISHING • NATURALLY SWEET • EASY TO MAKE

A cozy, wholesome breakfast (or anytime treat!) made with tender apples, juicy cranberries, warm spices and hearty oats. Naturally sweet, packed with nourishing ingredients, and the perfect way to start your day a little brighter! ♥



REAL FOOD



NATURAL INGREDIENTS



NOURISHES BODY & MIND



SIMPLE TO MAKE



A SWEETER TOMORROW

INGREDIENTS

(MAKES 6-8 SERVINGS)

- 2 cups old-fashioned rolled oats
- 1 1/2 cups milk (or almond milk)
- 1/2 cup plain Greek yogurt (or dairy-free yogurt)
- 1/3 cup maple syrup or honey
- 2 large apples, peeled and diced (Honeycrisp or Granny Smith)
- 1/2 cup fresh or dried cranberries
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/4 tsp sea salt
- 1/4 cup chopped pecans (or walnuts)

TOPPINGS (OPTIONAL):

- Extra chopped nuts
- A drizzle of maple syrup or honey
- A dollop of Greek yogurt
- A sprinkle of cinnamon
- Fresh apple slices or cranberries

HOW TO MAKE:

- Preheat oven:** To 350°F (175°C). Lightly grease an 8x8-inch baking dish.
- Mix the base:** In a large bowl, combine oats, milk, yogurt, maple syrup, vanilla, cinnamon, nutmeg, ginger and salt.
- Fold in:** Add diced apples, cranberries and half of the chopped nuts. Mix well.
- Transfer:** Pour the mixture into the prepared baking dish and spread evenly.
- Bake:** For 35-40 minutes, or until the top is golden and the oats are set.
- Cool & enjoy:** Let cool for a few minutes. Top with extra nuts, a dollop of yogurt, and a drizzle of honey. Enjoy!

Warm bowls. Happy hearts.
Better days ahead! ♥

LET'S STAY CONNECTED!



@BubbiesDailyTreat

Recipes • Wellness Tips • A Happier You

HERBAL BENEFITS



APPLES – FIBER & IMMUNE SUPPORT

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



CRANBERRIES – ANTIOXIDANT POWER

Packed with antioxidants, may help support urinary tract health and immune function.



OATS – HEART HEALTH

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



CINNAMON – BALANCE & WELLNESS

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



NUTS – GOOD FATS & BRAIN SUPPORT

Rich in healthy fats, protein, vitamin E and minerals that nourish the brain and heart.



A HAPPIER MOOD

Wholesome ingredients can uplift your mood, support mental well-being and bring a little joy to your day.



BETTER CHOICES

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



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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. ♥