



DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT:

PEAR THYME RICOTTA CUPS

Creamy ricotta, juicy pears, fresh thyme and cinnamon create a naturally delicious treat. 

INGREDIENTS:

- 2 cups whole-milk ricotta
- 2 ripe pears, diced
- 1 tsp fresh thyme leaves
- 1-2 tsp raw honey (optional)
- 1/2 tsp ground cinnamon
- 2 Tbsp chopped walnuts (optional)

HOW TO MAKE:

- 1 Spoon ricotta into two cups.
- 2 Add a layer of diced pears.
- 3 Sprinkle with thyme and cinnamon.
- 4 Repeat the layers.
- 5 Top with walnuts and honey.

*Simple ingredients.
Cozy herbal flavor.*



TINY HERBAL TIP

Add the fresh thyme just before serving to keep its aroma bright.

HERBAL BENEFITS:



PROTEIN-RICH

Ricotta provides satisfying protein.



FIBER-RICH

Pears provide dietary fiber.



FRAGRANT & HERBAL

Thyme adds fresh, earthy flavor.



QUICK & EASY

A simple treat ready in minutes.

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*Thank you for being
part of this herbal
wellness journey!*



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