

Bubbie's Daily Treat

Good Food ♥ Happy Days
A Healthier You!

MADE
WITH
LOVE &
HERBS

Nourish
Today
for a
Brighter
Tomorrow

Small
Treats
Big
Benefits

TODAY'S HIGHLIGHT: BERRY YOGURT CHEESECAKE CUPS

CREAMY • FRUITY • NUTRITIOUS • NO-BAKE

A naturally sweet, creamy treat made with wholesome ingredients, fresh berries and a crunchy oat-nut crust. These no-bake cheesecake cups are perfect for a feel-good treat that nourishes your body and brightens your day! ♥



REAL
FOOD



NATURAL
INGREDIENTS



NOURISHES
BODY & MIND



SIMPLE
TO MAKE



A SWEETER
TOMORROW

INGREDIENTS (MAKES 12 CUPS)

CRUST:

- 1 cup rolled oats (old-fashioned)
- 1/2 cup crushed almonds (or walnuts)
- 2 tbsp chopped pistachios
- 2 tbsp honey or maple syrup
- 2 tbsp coconut oil (melted)
- 1 tsp vanilla extract
- Pinch of sea salt

FILLING:

- 1 cup Greek yogurt (or coconut yogurt)
- 4 oz cream cheese (softened)
- 2 tbsp honey or maple syrup
- 1 tsp vanilla extract
- Zest of 1 lemon (optional)

TOPPINGS:

- 1 cup fresh berries (strawberries, blueberries, raspberries)
- 1 tbsp chopped pistachios
- lemon zest (optional)

HOW TO MAKE:

- 1 Make the crust:** In a bowl, mix oats, almonds, pistachios, honey, coconut oil, vanilla and salt.
- 2 Press into muffin liners:** Line a muffin tin with paper liners and press about 1 tablespoon of the mixture into each cup. Chill while making the filling.
- 3 Make the filling:** In a bowl, beat greek yogurt, cream cheese, honey, vanilla and lemon zest until smooth and creamy.
- 4 Assemble:** Spoon the filling over the chilled crusts.
- 5 Top with fresh berries,** chopped pistachios and a little extra lemon zest.
- 6 Chill** for at least 1 hour before enjoying.

Store in the fridge for up to 5 days.
Perfect for meal prep! ♥

HERBAL BENEFITS



BLUEBERRIES – BRAIN & HEART HEALTH

Rich in antioxidants that support memory, healthy aging and heart health.



STRAWBERRIES – IMMUNE SUPPORT

Packed with vitamin C and antioxidants that help keep you healthy and glowing.



OATS – LASTING ENERGY

Provide fiber and complex carbohydrates to keep you full and energized.



PISTACHIOS – GOOD FATS

Rich in healthy fats, plant protein and key nutrients that support heart health.



YOGURT – GUT HEALTH

Contains probiotics that support digestion and a healthy immune system.



HONEY – NATURAL SWEETNESS

Adds natural sweetness and contains antioxidants and antibacterial properties.



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

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