



HERBAL
GOODNESS
in every bite!

DAILY Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. ♡

TODAY'S HIGHLIGHT:

CHERRY ALMOND ROSEMARY CRUMBLE CUPS

Juicy cherries, toasted almonds, warm vanilla and a delicate touch of rosemary bake beneath a buttery oat crumble. ♡

MAKES 6 • PREP 20 MIN • BAKE 25-30 MIN

INGREDIENTS:

- 4 cups pitted cherries
- 1 Tbsp lemon juice
- 1/3 cup honey or maple syrup
- 1 tsp vanilla extract
- 1/2 tsp fresh rosemary, finely minced
- 1 Tbsp cornstarch
- 1 cup old-fashioned oats
- 1/2 cup all-purpose flour
- 1/3 cup brown sugar
- 1/3 cup sliced almonds
- Pinch of salt
- 1/3 cup butter, melted

HOW TO MAKE:

- 1 Heat oven to 375°F. Grease 6 ramekins.
- 2 Toss cherries with lemon, honey, vanilla, rosemary and cornstarch.
- 3 Divide cherry mixture among ramekins.
- 4 Mix oats, flour, brown sugar, almonds, salt and butter. Spoon over cherries.
- 5 Bake 25-30 minutes until golden and bubbling. Cool 10 minutes.

Refrigerate leftovers; enjoy within 3 days. ♡

HERBAL BENEFITS:



ROSEMARY AROMA

A small amount adds fresh, piney depth.



CHERRY BRIGHTNESS

Juicy cherries bring sweet-tart flavor.



TOASTED ALMOND CRUNCH

Almonds add nutty texture and warmth.



EASY TO SHARE

Individual cups make serving simple.



Simple ingredients.
Bright herbal flavor. ♡



TINY HERBAL TIP

Finely mince rosemary so its flavor stays delicate.

Sharing herbal knowledge, recipes & natural living to help you thrive — naturally!

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wellness journey!

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