

Everything Herbal

by
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Herbs for the Body
Peace for the Soul
Live Naturally the Way
God Intended ♥

INGREDIENTS

Serves 6-8

- 6 medium apples, peeled, cored and sliced (Granny Smith or Honeycrisp work great)
- 1/2 cup chopped walnuts
- 2 tbsp fresh lemon juice
- 1/2 cup honey or maple syrup (or preferred sweetener)
- 1/4 cup melted coconut oil or butter
- 1 tsp vanilla extract
- 1 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1/4 tsp sea salt
- 1 tbsp dried rosemary, finely chopped (or 1 tsp)
- 1 tbsp dried thyme (or 1 tsp)
- Optional: 1/4 cup raisins or dried cranberries



NOTES

- Delicious with a dollop of Greek yogurt or coconut cream.
- Store leftovers in the refrigerator up to 4 days.

Cinnamon Apple Walnut Bake

WARM • COMFORTING • HERBAL GOODNESS

Sweet apples, crunchy walnuts, warm cinnamon, and a touch of herbs baked to perfection! ♥



DIRECTIONS

- 1 Preheat oven to 350°F (175°C).
- 2 In a large bowl, toss sliced apples with lemon juice to prevent browning.
- 3 In another bowl, mix honey (or maple syrup), melted coconut oil (or butter), vanilla, cinnamon, nutmeg, cloves, sea salt, rosemary, and thyme.
- 4 Add the apples to the mixture and stir until well coated.
- 5 Transfer to a greased 9x9-inch baking dish. Sprinkle chopped walnuts evenly over the top. Add raisins or cranberries if using.
- 6 Bake uncovered for 40-45 minutes, until the apples are tender and the top is lightly golden.
- 7 Let cool for 5-10 minutes before serving. Enjoy warm!

Made with Real Ingredients
& Herbal Love ♥

HERBAL TIP

Cinnamon helps support healthy blood sugar levels and adds anti-inflammatory benefits. Rosemary and thyme add a lovely herbal depth and are rich in antioxidants!



BIBLE VERSE

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth... to you it shall be for meat."
Genesis 1:29 (KJV)

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