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# Everything HERBAL

by Cheryl Jabz

Faith • Herbs • Health

Made with  
*Herbs*  
and  
Irish Tradition



## IRISH SODA BREAD

A Traditional Irish Classic

Luke 11:42 (KJV)

“...ye tithe  
mint and rue  
and all manner  
of herbs...”



MADE WITH SIMPLE INGREDIENTS



FLOUR



BUTTERMILK



SALT



BAKING  
SODA



CARAWAY  
SEEDS



RAISINS  
(CURRANTS)



BUTTER

Luke 11:42 (KJV)

“...ye tithe mint  
and rue and all  
manner of herbs...”



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NATURAL INGREDIENTS



FAITH INSPIRED



HERBAL LIVING



MADE WITH LOVE



### CARAWAY SEEDS

Aids digestion and adds  
a warm, slightly sweet  
flavor to traditional  
Irish breads.



### ROSEMARY

Adds earthy aroma  
and may support  
circulation and  
brain health.



### THYME

Soothing and  
antioxidant-rich;  
supports immune  
health.



### PARSLEY

Fresh and cleansing;  
rich in vitamins A, C & K  
and supports wellness.

### RECIPE HIGHLIGHTS



No yeast needed!  
Quick and easy  
to make.



Crisp crust, soft  
texture, and full  
of Irish flavor.



Perfect with butter,  
soups, stews, or as  
a hearty side.

