



DAILY Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT: CUCUMBER DILL HUMMUS BITES

Crisp cucumber, creamy hummus, fresh dill and lemon create a cool, savory treat. 

INGREDIENTS:

- 1 large cucumber, sliced
- 3/4 cup hummus
- 6 cherry tomatoes, halved
- 2 Tbsp fresh dill, chopped
- 1 tsp lemon zest
- Pinch of black pepper

HOW TO MAKE:

- 1 Pat cucumber rounds dry.
- 2 Spoon hummus onto each round.
- 3 Top with a tomato half.
- 4 Sprinkle with dill and zest.
- 5 Add pepper; serve chilled.

*Simple ingredients.
Cool and savory flavor.*

TINY HERBAL TIP

Pat the cucumber dry so the hummus stays neatly in place.



HERBAL BENEFITS:



FIBER-RICH

Hummus provides satisfying fiber.



HYDRATING CRUNCH

Cucumber adds crisp refreshment.



FRESH & HERBAL

Dill adds bright, garden 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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