



HERBAL
GOODNESS
in every bite!

DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT:

CHOCOLATE MINT CHEESECAKE CUPS

Rich chocolate, cool fresh mint and creamy cheesecake meet a buttery graham-cracker base. A delicious no-bake treat! 

MAKES 4 • PREP 15 MIN • CHILL 2 HOURS

INGREDIENTS:

- 8 oz cream cheese, softened
- 3/4 cup plain Greek yogurt
- 1/4 cup unsweetened cocoa
- 1/3 cup powdered sugar
- 1 tsp vanilla extract
- 1 Tbsp fresh mint, finely chopped
- 1/2 cup graham-cracker crumbs
- 1 Tbsp butter, melted
- 2 Tbsp dark chocolate shavings

Extra mint for garnish, optional.

HOW TO MAKE:

- 1 Mix crumbs with melted butter; divide among 4 dessert cups.
- 2 Beat cream cheese, sugar, cocoa and vanilla until smooth.
- 3 Beat in yogurt, then fold in chopped mint.
- 4 Spoon over crumbs. Cover and chill at least 2 hours.
- 5 Top with chocolate shavings and optional mint. Serve chilled.

Refrigerate leftovers;
enjoy within 3 days.

Simple ingredients.
Sweet herbal moments. 



TINY HERBAL TIP

Chop mint finely so its
flavor blends evenly.

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

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HERBAL BENEFITS:



FRESH MINT FLAVOR

Fresh mint adds a cool,
bright aroma.



RICH COCOA

Unsweetened cocoa
brings deep chocolate
flavor.



CREAMY GOODNESS

Greek yogurt adds tang
and a silky texture.



NO-BAKE EASE

Chill in individual cups
for easy serving.

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Thank you for being
part of this herbal
wellness journey! 