



DAILY Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. ♡



TODAY'S HIGHLIGHT:

CHOCOLATE PEPPERMINT PEANUT BUTTER BITES

Creamy peanut butter, rich dark chocolate, and a cool hint of peppermint come together in a bite-sized treat that's both delicious and refreshing. ♡

MAKES 12 BITES • PREP 15 MIN • CHILL 30 MIN

INGREDIENTS:

- 1 cup natural peanut butter
- 1/4 cup honey or maple syrup
- 1 tsp peppermint extract
- 1/2 cup rolled oats
- 1/4 cup ground flaxseed
- 1/2 cup dark chocolate chips (melted)
- Crushed peppermint candies (for topping)

HOW TO MAKE:

- 1 In a bowl, mix peanut butter, honey (or maple syrup), peppermint extract, oats, and flaxseed until well combined.
- 2 Roll mixture into 12 even balls and place on a lined tray.
- 3 Melt chocolate chips and drizzle over each bite.
- 4 Top with crushed peppermint candies.
- 5 Chill in the refrigerator for 30 minutes until firm.

Store in the fridge up to 1 week. ♡

Simple ingredients.
Bright herbal flavor. ♡



TINY HERBAL TIP

Peppermint supports focus and clarity.

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

HERBAL BENEFITS:



PEPPERMINT REFRESHMENT

Supports digestion and leaves you feeling refreshed.



MOOD SUPPORT

Peppermint has been shown to uplift mood and reduce fatigue.



PLANT POWER PROTEIN

Peanut butter provides healthy fats and lasting energy.



ANTIOXIDANT RICH

Dark chocolate helps fight free radicals and supports heart health.



BETTER CHOICES

A naturally sweet treat that satisfies cravings the herbal way.

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Thank you for being part of this herbal wellness journey! ♡

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