



EVERYTHING HERBAL

by Cheryl Jabz

PLANT • NOURISH • THRIVE






Thanks for Supporting Herbal Wellness!

No Bake LEMON BALM CHEESECAKE CUPS

SUGAR FREE

Light, creamy, and perfectly refreshing! These No Bake Lemon Balm Cheesecake Cups are made with wholesome ingredients and flavored with soothing lemon balm for a herbal twist. A guilt-free treat you'll love!

INGREDIENTS

CRUST

- 1 cup almond flour
- 2 tbsp unsweetened shredded coconut
- 2 tbsp chopped pecans
- 2 tbsp melted coconut oil
- 1 tsp lemon zest
- Pinch of sea salt

FILLING

- 8 oz cream cheese, softened
- 1/2 cup plain Greek yogurt (whole milk or 2%)
- 1/4 cup monk fruit sweetener (or to taste)
- 1 tbsp fresh lemon balm leaves, finely chopped (or 1 tsp dried lemon balm)
- 2 tbsp fresh lemon juice
- 1 tsp vanilla extract

DIRECTIONS

MAKES 4-6 CUPS

- MAKE THE CRUST:**
In a bowl, mix almond flour, coconut, pecans, melted coconut oil, lemon zest, and sea salt. Spoon about 2 tablespoons into each cup and press down firmly. Place in the refrigerator.
- MAKE THE FILLING:**
In a large bowl, beat cream cheese until smooth. Add Greek yogurt, monk fruit sweetener, lemon balm, lemon juice, and vanilla. Beat until creamy and well combined.
- ASSEMBLE:**
Spoon the cheesecake mixture over the crusts. Smooth the tops with a spoon.
- CHILL:**
Refrigerate for at least 3-4 hours, or until set. Garnish with lemon balm leaves and extra lemon zest before serving. Enjoy!



CHERYL'S TIP
For extra lemony flavor, add a drop of lemon extract or garnish with a thin lemon slice and a fresh lemon balm leaf!

HERBAL HIGHLIGHTS



LEMON BALM
Traditionally used to promote relaxation, ease stress, and support digestive health.



LEMON
Rich in vitamin C and antioxidants that support immunity and overall well-being.



GREEK YOGURT
A great source of protein and probiotics for gut health and lasting satisfaction.






LOW SUGAR GLUTEN FREE KETO FRIENDLY HIGH IN PROTEIN



Made with Love, Nature & Herbs
Simple ingredients. Powerful benefits.
Made for you and your family.

PERFECT FOR:

- Healthy Desserts
- Party Treats
- Gluten-Free Diets
- Meal Prep
- Guilt-Free Indulgence
- Herbal Living

SCAN ME FOR MORE HERBAL RECIPES & TIPS!



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Bringing the Power of Herbs to Your Kitchen and Your Life!

THANK YOU!