



DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 



TODAY'S HIGHLIGHT:

BLUEBERRY LEMON THYME PARFAIT

Creamy yogurt, juicy blueberries, bright lemon and thyme create a fresh and flavorful treat. 



INGREDIENTS:

- 2 cups plain Greek yogurt
- 1 cup fresh blueberries
- 1/2 cup granola
- 1 tsp fresh thyme leaves
- 1 tsp lemon zest
- 1-2 tsp raw honey (optional)

HOW TO MAKE:

- 1 Spoon yogurt into two glasses.
- 2 Add blueberries and granola.
- 3 Repeat the layers.
- 4 Top with lemon zest and thyme.
- 5 Drizzle with honey and serve chilled.

HERBAL BENEFITS:



ANTIOXIDANT-RICH

Blueberries provide colorful plant compounds.



PROTEIN-RICH

Greek yogurt provides satisfying protein.



BRIGHT & HERBAL

Lemon and thyme add fresh, fragrant flavor.



QUICK & EASY

A refreshing treat ready in minutes.



*Simple ingredients.
Bright herbal flavor.*



TINY HERBAL TIP

Gently rub the thyme leaves between your fingers before adding to release their aroma.



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