



DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT:

HONEY LAVENDER LEMON CHEESECAKE BARS

Creamy lemon cheesecake, golden graham crust, honey and a delicate touch of culinary lavender create an irresistible dessert. 



INGREDIENTS:

- 2 cups graham cracker crumbs
- 6 Tbsp butter, melted
- 16 oz cream cheese, softened
- 1/2 cup raw honey
- 2 large eggs
- 1/3 cup fresh lemon juice
- 1 Tbsp lemon zest
- 1 tsp vanilla extract
- 1 tsp culinary lavender, finely ground

HOW TO MAKE:

- 1 Heat oven to 325°F.
- 2 Mix crumbs and butter; press into an 8-inch pan.
- 3 Beat cream cheese and honey until smooth; add eggs.
- 4 Mix in lemon, vanilla and lavender; pour over crust.
- 5 Bake 30-35 minutes; cool, chill and slice.

*Simple ingredients.
Bright floral flavor.*



TINY HERBAL TIP

Use culinary lavender sparingly so its flavor stays delicate.

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

HERBAL BENEFITS:



CREAMY & SATISFYING

Cream cheese creates a rich, smooth dessert.



BRIGHT CITRUS FLAVOR

Fresh lemon adds a lively, sunny finish.



FLORAL & HERBAL

Culinary lavender adds gentle floral aroma.



MAKE-AHEAD EASY

Chill ahead for effortless serving.

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