



DAILY

Herbal Treat



NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT:

PINEAPPLE MINT YOGURT CUPS

Creamy yogurt, sweet pineapple, fresh mint and lime create a bright, tropical treat. 



INGREDIENTS:

- 2 cups plain Greek yogurt
- 1 1/2 cups fresh pineapple, diced
- 2 Tbsp fresh mint, finely chopped
- 1 tsp lime zest
- 1-2 tsp raw honey (optional)
- 2 Tbsp unsweetened coconut (optional)

HOW TO MAKE:

- 1 Spoon yogurt into two cups.
- 2 Add a layer of diced pineapple.
- 3 Sprinkle with mint and lime zest.
- 4 Repeat the layers.
- 5 Top with coconut and serve chilled.

*Simple ingredients.
Tropical herbal flavor.*



TINY HERBAL TIP

Pat the pineapple dry before layering to help keep the yogurt thick and creamy.

HERBAL BENEFITS:



PROTEIN-RICH

Greek yogurt provides satisfying protein.



VITAMIN C

Pineapple and lime provide vitamin C.



COOL & FRESH

Mint adds a bright, refreshing finish.



QUICK & EASY

A colorful treat ready in minutes.

**DOWNLOAD
THIS PAGE**

Print • Save • Share



FOLLOW & CONNECT!



@EverythingHerbalbyCherylJabz

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



www.EverythingHerbalbyCherylJabz.com