

Bubbie's Daily Treat

Good Food ♥ Happy Days
A Healthier You!

MADE
WITH
LOVE &
HERBS

Nourish
Today
for a
Brighter
Tomorrow

Sweet
Moments
Stronger
Days

A Slice
of
Happiness

TODAY'S HIGHLIGHT: PEACH HONEY OAT CRUMBLE PIE

WARM • FRUITY • WHOLESOME • EASY TO MAKE

A comforting, naturally sweet pie made with juicy peaches, a hint of cinnamon and lemon, and a crunchy oat crumble topping. It's a simple, wholesome treat that brings a little sunshine to your day! ♥



REAL
FOOD



NATURAL
INGREDIENTS



NOURISHES
BODY & MIND



SIMPLE
TO MAKE



A SWEETER
TOMORROW

INGREDIENTS (MAKES 1 PIE)

FILLING:

- 6 cups fresh peaches (peeled and sliced)
- 2 tbsp lemon juice
- 1/2 cup honey or maple syrup
- 2 tbsp cornstarch
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- Pinch of sea salt

CRUMBLE TOPPING:

- 1 cup rolled oats
- 1/2 cup almond flour (or whole wheat flour)
- 1/3 cup chopped pecans (or walnuts)
- 1/4 cup coconut oil (melted) or unsalted butter
- 2 tbsp honey or maple syrup
- 1/2 tsp cinnamon
- Pinch of sea salt

HOW TO MAKE:

- Preheat oven:** To 350°F (175°C). Grease a 9-inch pie dish.
- Make the filling:** In a large bowl, toss peaches, lemon juice, honey, cornstarch, vanilla, cinnamon and salt. Pour into the pie dish.
- Make the crumble:** In a bowl, mix oats, almond flour, pecans, coconut oil (or butter), honey, cinnamon and salt until crumbly.
- Add topping:** Sprinkle the crumble evenly over the peaches.
- Bake:** For 40–45 minutes, or until the top is golden brown and the filling is bubbly.
- Cool & enjoy:** Let cool for at least 15 minutes before slicing.

Perfect with a scoop of Greek yogurt or a drizzle of honey! ♥

Keep it in the fridge for up to 5 days.
Perfect for gatherings! ♥

LET'S STAY CONNECTED!



@BubbiesDailyTreat

Recipes • Wellness Tips • A Happier You

HERBAL BENEFITS



PEACHES – VITAMINS & ANTIOXIDANTS

Rich in vitamins A and C, support healthy skin, immune function and overall wellness.



HONEY – NATURAL SWEETNESS

Adds natural sweetness and contains antioxidants and soothing properties.



OATS – HEART HEALTH

Provide fiber, help keep you full longer and support healthy cholesterol levels.



CINNAMON – BALANCE & WELLNESS

May help support healthy blood sugar levels and has anti-inflammatory properties.



A HAPPIER MOOD

The delicious combination of fruit, warm spices and wholesome ingredients can uplift your mood and bring comfort.



BETTER CHOICES

Made with simple, natural ingredients for a treat that nourishes your body, satisfies your sweet cravings and supports overall well-being.



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Healthy
Treats
Happier
Days.

"Good food
brings people together,
healthy food keeps us
together."
– Bubbie ♥

SIMPLE RECIPES. STRONGER DAYS. A BRIGHTER YOU. ♥