

Bubbie's Daily Treat

Good Food ♥ Happy Days.
A Healthier You!

MADE
WITH
LOVE &
HERBS!

TODAY'S HIGHLIGHT:

BLUEBERRY LAVENDER CHIA PUDDING

CREAMY • REFRESHING • NOURISHING • EASY TO MAKE

A naturally sweet, creamy pudding made with nutrient-rich chia seeds, almond milk, juicy blueberries, a hint of lavender and vanilla. This simple, make-ahead treat is packed with flavor, vitamins and feel-good goodness – the perfect little indulgence for a healthier, happier you! ♥

REAL
FOOD

NATURAL
INGREDIENTS

NOURISHES
BODY & MIND

SIMPLE
TO MAKE

A SWEETER
TOMORROW

INGREDIENTS

(MAKES 2-3 SERVINGS)

- 1/4 cup chia seeds
- 2 cups unsweetened almond milk (or milk of choice)
- 1-2 tbsp honey or maple syrup (to taste)
- 1 tsp vanilla extract
- 1/2 tsp culinary lavender (dried, food grade)
- 1 cup fresh blueberries (plus extra for topping)
- 1 tbsp lemon zest (optional)
- Pinch of sea salt

TOPPINGS (OPTIONAL):

- Fresh blueberries
- Granola or chopped nuts
- Coconut flakes
- Lemon zest
- Fresh mint
- A sprinkle of lavender

HOW TO MAKE:

- 1 In a bowl, whisk together almond milk, chia seeds, honey, vanilla, lavender and sea salt.
- 2 Let it sit for 5 minutes, then whisk again to prevent clumping.
- 3 Cover and refrigerate for at least 4 hours or overnight, until thick and creamy.
- 4 In a small saucepan, gently warm 1 cup blueberries with 1 tbsp honey and a squeeze of lemon juice. Mash lightly and let cool.
- 5 Layer the chia pudding with blueberry compote in jars or bowls.
- 6 Top with fresh blueberries, granola, lemon zest and a sprig of lavender. Enjoy!

Make it the night before – perfect for busy days! ♥

HERBAL BENEFITS



BLUEBERRIES – ANTIOXIDANT POWER

Rich in antioxidants, vitamins C & K, support brain health, heart health and a strong immune system.



CHIA SEEDS – SUSTAINED ENERGY

High in fiber, omega-3s, protein and essential minerals to keep you full and energized.



LAVENDER – CALM & BALANCE

Known for its calming properties, may help reduce stress and promote better sleep.



HONEY – NATURAL SWEETNESS

Adds natural sweetness, antioxidants and soothing benefits.



A HAPPIER MOOD

Wholesome ingredients can uplift your mood, support mental well-being and bring a little joy to your day.



BETTER CHOICES

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



DOWNLOAD
THIS PAGE

Print • Save • Share

Healthy
Treats
Happier
Days.

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

LET'S STAY CONNECTED!



@BubbiesDailyTreat

Recipes • Wellness Tips • A Happier You

SIMPLE RECIPES. STRONGER DAYS. A BRIGHTER YOU. ♥