



Everything
HERBAL
BY CHERYL JABZ

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Herbal
CEREAL

♥ RECIPES ♥

Lemon-Thyme Seed Cereal



INGREDIENTS

- 2 cups rolled oats
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- ¼ cup ground flaxseed
- 1 teaspoon lemon zest
- ½ teaspoon dried thyme
- ⅓ cup honey
- ¼ cup olive oil or melted coconut oil
- Pinch of salt

DIRECTIONS

Mix well and spread on a baking sheet.
Bake at **325°F** for **25 minutes**,
stirring halfway through.
Serve with milk, yogurt,
or fresh berries.



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SCAN ME



ABOUT THIS RECIPE

A bright and wholesome cereal blended with seeds, lemon zest, and thyme. Naturally sweetened with honey and lightly crisped for the perfect morning crunch. Enjoy with milk, yogurt, or fresh berries.



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THANK YOU
FOR SUPPORTING
NATURAL LIVING!

