

Herbal Recipes to Support Men's Wellness & Healthy Testosterone

Everything Herbal

by Cheryl Jabz

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Bubbie's Cinnamon-Walnut Baked Apples

Warm, cozy, and naturally sweet—these baked apples are filled with heart-healthy nuts, seeds, oats, and warming cinnamon.

A delicious dessert that supports men's wellness the herbal way!



INGREDIENTS (Serves 4)

- 4 medium apples (Honeycrisp, Fuji or Gala work great)
- ½ cup chopped walnuts
- 2 Tbsp pumpkin seeds
- 1 tsp ground cinnamon
- 2 Tbsp rolled oats
- 1–2 Tbsp honey (or maple syrup)
- Pinch of sea salt (optional)



INSTRUCTIONS

- 1 Preheat oven to 375°F (190°C).
- 2 Core the apples, leaving the bottom intact to create a well for the filling.
- 3 In a bowl, mix together walnuts, pumpkin seeds, cinnamon, oats, honey, and a pinch of sea salt.
- 4 Fill each apple with the mixture, pressing gently to pack.
- 5 Place apples in a baking dish. Add ¼ cup of water to the bottom of the dish.
- 6 Bake for 25–35 minutes, until apples are tender and filling is golden. Spoon the juices over the apples before serving.



Tips: Serve warm with a dollop of Greek yogurt or a drizzle of extra honey. Great as a dessert or even a hearty breakfast!

Simple.
Nourishing.
Made with
Herbs.

HERBAL SUPPORT

Cinnamon, walnuts, pumpkin seeds and oats are traditional foods that may support healthy testosterone levels, heart health, and balanced energy.



PLEASE NOTE

These recipes are designed to support overall wellness and a healthy lifestyle. They are not intended to diagnose, treat, cure, or prevent any disease. Always consult your healthcare provider if you have any health conditions or concerns.

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