



Bringing the goodness
of herbs into everyday life,
naturally.

INGREDIENTS

- ♥ 2 large apples (Honeycrisp, Fuji, or Gala), sliced
- ♥ 1 tbsp lemon juice
- ♥ 1 tbsp pure honey or maple syrup
- ♥ 1 tsp ground cinnamon
- ♥ ¼ tsp ground nutmeg (optional)
- ♥ ½ cup chopped pecans, toasted
- ♥ Pinch of sea salt (optional)

DIRECTIONS

- 1 In a large bowl, toss apple slices with lemon juice to prevent browning.
- 2 Drizzle with honey (or maple syrup), then sprinkle with cinnamon, nutmeg, and a pinch of sea salt.
- 3 Gently toss to coat the apple slices evenly.
- 4 Sprinkle chopped toasted pecans over the top.
- 5 Serve immediately and enjoy!

*Crisp apples, warm cinnamon,
and crunchy pecans - a perfect
bite of goodness!*

Simple • Fresh • Herbal • Delicious

CINNAMON

Apple Slices

WITH PECANS

SWEET • CRUNCHY • SATISFYING

A wholesome, naturally sweet snack
that's ready in minutes!



HERBAL BENEFITS

- ♥ **Cinnamon** – Supports healthy blood sugar and adds warmth and flavor.
- ♥ **Apples** – Rich in fiber and antioxidants for digestive and heart health.
- ♥ **Pecans** – Provide healthy fats, protein, and essential minerals for sustained energy.
- ♥ **Lemon** – Adds vitamin C and supports detoxification.

TIPS & VARIATIONS

- ♥ Try adding a sprinkle of chia seeds or flaxseeds for extra nutrients.
- ♥ Use walnuts or almonds instead of pecans.
- ♥ Chill for 10 minutes for a refreshing treat or serve warm for a cozy snack.
- ♥ Add a drizzle of dark chocolate for an indulgent twist!



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