

Bubbie's Daily Treat

Good Food ♥ Happy Days.
A Healthier You!

MADE WITH LOVE & HERBS. ♥

Nourish Today for a Brighter Tomorrow ♥

Herbal Flavors Happier Days. ♥

TODAY'S HIGHLIGHT:

LEMON LAVENDER HERBAL CAKE ♥

MOIST • FRAGRANT • NOURISHING • EASY TO MAKE

A tender, wholesome cake infused with lemon, lavender and natural ingredients. Lightly sweet, packed with nourishing elements, and the perfect dessert (or anytime treat) to bring a little peace, joy and brightness to your day! ♥



REAL FOOD



NATURAL INGREDIENTS



NOURISHES BODY & MIND



SIMPLE TO MAKE



A SWEETER TOMORROW

INGREDIENTS (MAKES 8 SLICES)

DRY INGREDIENTS:

- 1 1/2 cups whole wheat pastry flour (or oat flour)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1 tbsp dried culinary lavender (plus extra for topping)

WET INGREDIENTS:

- 1/2 cup plain Greek yogurt (or applesauce)
- 1/3 cup honey or maple syrup
- 2 large eggs
- 1/4 cup melted coconut oil (or olive oil)
- Zest of 2 lemons
- 1/4 cup fresh lemon juice
- 1 tsp vanilla extract

GLAZE (OPTIONAL):

- 1/2 cup powdered coconut sugar (or powdered sugar)
- 2-3 tbsp fresh lemon juice
- 1/2 tsp dried lavender (for garnish)

HOW TO MAKE:

- Preheat oven:** To 350°F (175°C). Grease and line an 8-inch round cake pan with parchment paper.
- Mix dry ingredients:** In a medium bowl, whisk together flour, baking powder, baking soda, salt and lavender.
- Mix wet ingredients:** In a large bowl, whisk yogurt, honey, eggs, oil, lemon zest, lemon juice and vanilla until smooth.
- Combine:** Gently fold the dry ingredients into the wet ingredients until just combined. Do not overmix.
- Bake:** Pour batter into prepared pan. Bake for 35-40 minutes, or until a toothpick comes out clean.
- Cool & glaze:** Let cool completely. Drizzle with lemon glaze and sprinkle with lavender. Slice and enjoy!

Simple ingredients. Beautiful results.
A little lavender goes a long way! ♥

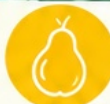
LET'S STAY CONNECTED!



@BubbiesDailyTreat

Recipes • Wellness Tips • A Happier You

HERBAL BENEFITS



LEMON – IMMUNE & MOOD SUPPORT

Rich in vitamin C and antioxidants, may help boost immunity, support healthy skin and lift your mood.



LAVENDER – CALM & WELLNESS

Known for its soothing properties, may help reduce stress, promote relaxation and support restful sleep.



WHOLE GRAINS – LASTING ENERGY

Provide fiber, help keep you full longer and support healthy heart and digestive function.



HONEY – NATURAL GOODNESS

A natural sweetener with antioxidants and soothing properties that support immune health.



A HAPPIER MOOD

The combination of bright lemon, calming lavender and wholesome ingredients can uplift your mood and bring a little joy to your day.



BETTER CHOICES

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



DOWNLOAD THIS PAGE

Print • Save • Share

Good Food Brighter Days. ♥

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

Bubbie ♥

SIMPLE RECIPES. STRONGER DAYS. A BRIGHTER YOU. ♥