

# Everything HERBAL by Cheryl Jabz

www.everythingherbalbycheryljabz.com

## HERBAL BENEFITS

Oats provide heart-healthy fiber to support digestion and satiety.

Fenugreek offers a gentle, maple-like note that pairs beautifully with natural sweetness.

# Fenugreek Maple Oatmeal Cookies

*Fiber from oats. Naturally complements fenugreek's maple notes.*



## INGREDIENTS

- 1 cup rolled oats
- 1 cup flour
- 1/2 tsp baking soda
- 1/4 tsp ground fenugreek
- 1/2 tsp cinnamon
- 1/2 cup butter, softened
- 1/2 cup maple syrup
- 1 egg
- 1/2 cup raisins

## INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C).
- 2 Cream butter and maple syrup.
- 3 Beat in egg.
- 4 Mix dry ingredients separately and combine with wet ingredients.
- 5 Stir in raisins.
- 6 Drop by spoonfuls onto a baking sheet.
- 7 Bake 10–12 minutes.



← **SCAN ME**

for more herbal  
recipes, tips & natural  
living inspiration!

## DOWNLOAD THIS RECIPE!



DOWNLOAD



PRINT



SAVE



SHARE

EVERYTHING HERBAL BY CHERYL JABZ

*Simple • Natural • Herbal • Made with Love*