



DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT: PEACH BASIL YOGURT CUPS

Creamy yogurt, juicy peaches and fresh basil make a naturally sweet and refreshing treat. 

INGREDIENTS:

- 2 cups plain Greek yogurt
- 2 ripe peaches, diced
- 1 Tbsp fresh basil, finely sliced
- 1-2 tsp raw honey (optional)
- 2 Tbsp chopped walnuts (optional)

HOW TO MAKE:

- 1 Spoon yogurt into two cups.
- 2 Add a layer of diced peaches.
- 3 Sprinkle with fresh basil.
- 4 Drizzle with honey if desired.
- 5 Top with walnuts and serve chilled.

HERBAL BENEFITS:



PROTEIN-RICH

Greek yogurt provides satisfying protein.



FRESH & FRUITY

Peaches add natural sweetness and flavor.



BASIL GOODNESS

Fresh basil adds aroma and herbal flavor.



QUICK & EASY

A simple treat ready in just minutes.



*Simple ingredients.
Naturally delicious.*



TINY HERBAL TIP

Add the basil just before serving to keep its color and fresh aroma.

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Thank you for being part of this herbal wellness journey!

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