



HERBAL
GOODNESS
in every bite!

DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 



TODAY'S HIGHLIGHT:

STRAWBERRY BASIL CHEESECAKE CUPS

Creamy cheesecake filling, juicy strawberries, fresh basil and graham cracker crumbs create a luscious no-bake dessert. 



INGREDIENTS:

- 8 oz cream cheese, softened
- 1 cup plain Greek yogurt
- 1/3 cup raw honey or powdered sugar
- 1 tsp vanilla extract
- 1 cup fresh strawberries, diced
- 1 Tbsp fresh basil, finely sliced
- 1/2 cup graham cracker crumbs

HOW TO MAKE:

- 1 Beat cream cheese, yogurt, sweetener and vanilla until smooth.
- 2 Spoon graham cracker crumbs into four cups.
- 3 Add a layer of cheesecake filling.
- 4 Layer with strawberries and fresh basil.
- 5 Chill 30 minutes; garnish and serve.

*Simple ingredients.
Sweet herbal flavor.*



TINY HERBAL TIP

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



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HERBAL BENEFITS:



CREAMY & SATISFYING

Cheesecake filling makes a rich, smooth dessert.



BERRY GOODNESS

Strawberries add bright color and fresh flavor.



FRESH & HERBAL

Basil adds a fragrant garden finish.



NO-BAKE EASY

A chilled dessert made without the oven.

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*Thank you for being
part of this herbal
wellness journey!*