

Bubbie's Daily Treat

Good Food ♥ Happy Days.
A Healthier You!

MADE-
WITH
LOVE &
HERBS.

Nourish
Today
for a
Brighter
Tomorrow

Sweet
Peaches
Happier
Days.

TODAY'S HIGHLIGHT: HONEY CINNAMON PEACH & PECAN YOGURT BOWL

CREAMY • CRUNCHY • NOURISHING • EASY TO MAKE

A vibrant, wholesome bowl layered with creamy yogurt, juicy peaches, warm cinnamon, crunchy pecans and a touch of honey. Naturally sweet, packed with nourishing ingredients, and the perfect feel-good treat (or breakfast!) to brighten your day! ♥



REAL
FOOD



NATURAL
INGREDIENTS



NOURISHES
BODY & MIND



SIMPLE
TO MAKE



A SWEETER
TOMORROW

INGREDIENTS (MAKES 1 BOWL)

- 1 cup plain Greek yogurt (or dairy-free yogurt)
- 1 ripe peach (sliced)
- 2 tbsp chopped pecans (or walnuts)
- 2 tbsp granola (optional)
- 1 tbsp chia seeds (optional)
- 1-2 tsp honey or maple syrup
- 1/2 tsp ground cinnamon
- 1/4 tsp vanilla extract (optional)
- Pinch of sea salt (optional)

TOPPINGS (OPTIONAL):

- Extra peach slices
- More chopped nuts
- A sprinkle of chia seeds
- A sprinkle of cinnamon
- Fresh mint leaves
- A drizzle of honey

HOW TO MAKE:

- 1 Prepare the yogurt:** In a bowl, add Greek yogurt, vanilla extract (if using), and a pinch of salt. Stir until smooth.
- 2 Add the peaches:** Slice a ripe peach and arrange the slices over the yogurt.
- 3 Add toppings:** Sprinkle with chopped pecans, granola (if using), chia seeds and a dash of cinnamon.
- 4 Drizzle:** Add a drizzle of honey (or maple syrup) over the top.
- 5 Serve & enjoy:** Enjoy immediately for the best flavor and crunch!

Simple ingredients. Beautiful flavors.
A brighter you! ♥

HERBAL BENEFITS



PEACHES – VITAMINS & GLOW

Rich in vitamins A & C, antioxidants and fiber. May support healthy skin, immune function and digestion.



PECANS – HEART & BRAIN HEALTH

Packed with healthy fats, protein, fiber and minerals. May support heart health and brain function.



HONEY – NATURAL GOODNESS

A natural sweetener with antioxidants, may soothe and support immune health.



CINNAMON – BALANCE & WELLNESS

May help support healthy blood sugar levels and has anti-inflammatory properties.



YOGURT – GUT HEALTH

Provides probiotics that support digestion, a healthy gut, and a stronger immune system.



A HAPPIER MOOD

Wholesome, flavorful foods can uplift your mood, nourish your body 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 wellness.

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

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SIMPLE RECIPES. STRONGER DAYS. A BRIGHTER YOU. ♥