

Everything
HERBAL
by Cheryl Jabz

HERBAL
GOODNESS
in every bite!

Good
Food
Happier
You

DAILY Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY.

TODAY'S HIGHLIGHT:

CARROT CAKE ENERGY BITES

SPICED • NUTTY • CHEWY • NO-BAKE

All the cozy flavors of carrot cake in a wholesome, bite-sized treat! Made with carrots, oats, nuts, and warm spices, these no-bake energy bites are naturally sweet, satisfying, and perfect for a snack anytime, anywhere.

MAKES 16 BITES • PREP 15 MIN • CHILL 30 MIN

INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup finely grated carrots
- 1/2 cup chopped walnuts (or pecans)
- 1/3 cup shredded unsweetened coconut (plus extra for coating)
- 1/4 cup almond butter (or peanut butter)
- 1/4 cup honey or maple syrup
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground ginger
- Pinch of sea salt
- 1/4 cup raisins (optional)
- Extra coconut for rolling

HOW TO MAKE:

- 1 In a large bowl, mix oats, grated carrots, chopped nuts, coconut, cinnamon, nutmeg, ginger and salt.
- 2 Add almond butter, honey and vanilla. Stir until well combined.
- 3 If using raisins, fold them in.
- 4 Roll the mixture into 1-inch bite-sized balls.
- 5 Roll in shredded coconut and place on a tray. Chill for at least 30 minutes to firm up.

Store in the fridge up to 1 week (or freeze for longer).

HERBAL BENEFITS:



CARROT EYE SUPPORT

Carrots are rich in beta-carotene, which helps support healthy vision and glowing skin.



NUTRIENT-RICH NUTS

Walnuts (or pecans) provide healthy fats, plant protein and brain-supporting nutrients.



CINNAMON BALANCE

Cinnamon may help support healthy blood sugar levels and provide natural warmth and flavor.



NATURAL ENERGY

Oats, nuts and natural sweeteners deliver steady, sustained energy to keep you going.



MOOD & WELLNESS

The combination of whole foods, warm spices and natural sweetness may help promote a positive mood and overall wellness.



Simple ingredients.
Bright herbal moments.



TINY HERBAL TIP
Cinnamon may help support healthy blood sugar levels.

Sharing herbal knowledge, recipes & natural living to help you thrive — naturally!

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Thank you for being
part of this herbal
wellness journey!