



Everything HERBAL

by Cheryl Jabz

SCAN ME



RECIPES, TIPS &
HERBAL INSPIRATION

Bringing Herbs to Life, Naturally. ♥

Chamomile Vanilla Calm Drink

SOOTHING • CALMING • COMFORTING

A gentle blend of chamomile and vanilla with a touch of honey. Perfect for relaxing, unwinding, and finding your calm.

INGREDIENTS:

- ♥ Chamomile tea (bag or dried flowers)
- ♥ Vanilla extract
- ♥ Honey
- ♥ Milk (optional)

HOW TO MAKE:

Steep tea, add honey & vanilla, serve warm or iced.

Sip, relax & enjoy! ♥

TIP:

Add a splash of milk for a creamy, soothing treat.

Golden, soft, calming—great for evening drinks.



NATURAL
INGREDIENTS



RELAXING
& SOOTHING



SUPPORTS
REST & CALM



ENJOY WARM
OR ICED



REAL INGREDIENTS ♥ SIMPLE RECIPES ♥ EVERYDAY WELLNESS

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www.EverythingHerbalbyCherylJabz.com

