

Everything HERBAL

by
Cheryl Jabz

Benefits

*How herbs can add flavor, comfort,
and natural goodness to desserts.*

1. Flavor Without Extra Sugar

Many herbs add natural flavor complexity, allowing desserts to taste rich and satisfying without relying solely on sugar.



2. Antioxidant Support

Many culinary herbs contain antioxidant compounds that help protect plant cells from oxidative stress. Herbs such as rosemary, mint, sage, and basil are particularly rich in these beneficial compounds.



3. Relaxation and Comfort

Some herbs have a long history of traditional use for promoting relaxation and well-being.



Chamomile may support relaxation.



Lavender offers a soothing floral aroma.



Lemon balm is traditionally associated with calmness.

4. Digestive Support

Several herbs commonly used in desserts have traditionally been used after meals.



Peppermint may help support digestion.



Ginger is often used to ease occasional stomach discomfort.



Fennel has been traditionally enjoyed after meals.

5. Added Nutrients

When paired with fruits, nuts, seeds, and whole grains, herbal desserts can provide:



Fiber



Vitamins



Minerals



Beneficial plant compounds

Why Herbal Desserts?



Natural Flavor

Herbs create rich, complex taste without extra sugar.



Soothing Aromas

Enjoy calming scents that comfort the mind and body.



Beautiful Presentation

Herbs add color, texture, and a touch of nature.



Added Botanical Goodness

Plant compounds and nutrients that nourish from the inside out.

www.everythingherbalbycheryljabz.com

SCAN
ME



DOWNLOAD



PRINT



SAVE



SHARE

Download This Guide!

Handmade
with Herbs
& Heart

Simple ♥ Natural ♥ Herbal ♥ Made with Love ♥ From my kitchen to yours ♥