



Bringing Nature to Your Table

HEALTH BENEFITS of Cooking with Herbs

Simple ways herbs make everyday meals more flavorful and nourishing.



1. WHY COOK WITH HERBS?

Cooking with herbs adds natural flavor, color, and wellness-supporting compounds to everyday meals.

2. TOP HEALTH BENEFITS

-  Adds flavor without extra salt
-  Provides antioxidants
-  May support digestion
-  Offers anti-inflammatory plant compounds
-  Can add vitamins and minerals
-  Makes healthy meals more enjoyable

3. POPULAR HERBS TO USE

-  Basil
-  Parsley
-  Rosemary
-  Thyme
-  Dill
-  Oregano



4. EASY WAYS TO USE HERBS

-  Toss with roasted vegetables
-  Stir into soups and sauces
-  Sprinkle over potatoes, rice, and pasta
-  Use in marinades, dressings, and butter blends



*Fresh or dried
herbs can turn
simple meals into
flavorful favorites.*



DOWNLOAD
THIS PAGE

www.EverythingHerbalbyCherylJabz.com

Scan
Me



PRINT • SAVE • SHARE