

Bubbie's Daily Treat

Good Food ♥ Happy Days.
A Healthier You!

MADE WITH LOVE & HERBS!

Nourish Today for a Brighter Tomorrow

Good Food Brings Bright Days

TODAY'S HIGHLIGHT: LEMON BLUEBERRY HERBAL PIE

BRIGHT • NOURISHING • NATURALLY SWEET • EASY TO MAKE

A delightful pie made with juicy blueberries, a touch of lemon, a hint of lavender and herbs, all wrapped in a golden, flaky crust. This simple, wholesome treat is bursting with flavor, antioxidants and natural goodness — a little slice of happiness for your day! ♥

REAL FOOD

NATURAL INGREDIENTS

NOURISHES BODY & MIND

SIMPLE TO MAKE

A SWEETER TOMORROW

INGREDIENTS (MAKES 1 PIE)

PIE FILLING:

- 4 cups fresh blueberries (or frozen, thawed)
- 2 tbsp honey or maple syrup
- 2 tbsp lemon juice (fresh)
- 1 tbsp lemon zest
- 2 tbsp cornstarch
- 1 tsp vanilla extract
- 1 tbsp culinary lavender (dried, food grade)
- Pinch of cinnamon
- Pinch of sea salt

PIE CRUST:

- 2 1/2 cups whole wheat flour (or your favorite flour)
- 1/2 tsp sea salt
- 1 tbsp honey (optional)
- 3/4 cup cold unsalted butter (or coconut oil)
- 4–6 tbsp ice water

HOW TO MAKE:

- Prep the crust:** In a bowl, mix flour, salt and butter until crumbly. Add ice water, a little at a time, and form a dough. Chill for 30 minutes.
- Make the filling:** In a saucepan, combine blueberries, honey, lemon juice, zest, cornstarch, lavender, vanilla, cinnamon and salt. Cook over medium heat, stirring until thickened. Let cool.
- Roll out the dough:** Divide in half. Roll out one for the bottom crust and one for the top (or make a lattice).
- Assemble:** Pour the cooled filling into a pie dish. Add top crust or lattice. Seal edges and cut slits if needed.
- Bake:** At 375°F (190°C) for 40–45 minutes, or until golden brown and bubbly.
- Cool:** Let the pie cool for at least 1 hour to set.
- Enjoy!** Best served with a dollop of Greek yogurt or a drizzle of honey!

A wholesome slice of happiness! ♥

LET'S STAY CONNECTED!



@BubbiesDailyTreat

Recipes • Wellness Tips • A Happier You

HERBAL BENEFITS



BLUEBERRIES – ANTIOXIDANT POWER

Rich in antioxidants, vitamins C & K, support brain health, heart health and a strong immune system.



LEMON – VITAMIN C & DETOX SUPPORT

High in vitamin C, supports immunity, healthy skin and natural detoxification.



LAVENDER – CALM & BALANCE

Known for its calming properties, may help reduce stress, promote better sleep and support a happy mood.



HONEY – NATURAL SWEETNESS

Adds natural sweetness, antioxidants and soothing properties.



CINNAMON – HEART HEALTH

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



A HAPPIER MOOD

Wholesome ingredients 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 satisfies your cravings and supports overall wellness.



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Healthy Treats Happier Days.

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

SIMPLE RECIPES. STRONGER DAYS. A BRIGHTER YOU. ♥