



Healthy
Snacks
Happier
You

DAILY Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY.

TODAY'S HIGHLIGHT:

CRANBERRY ALMOND OAT ENERGY BITES

TART • NUTTY • CHEWY • NO-BAKE

A delicious, no-bake snack made with wholesome oats, tart cranberries, crunchy almonds, chia seeds, and a touch of honey. These energy bites are naturally sweet, satisfying, and perfect for a quick pick-me-up anytime, anywhere!

MAKES 16 BITES • PREP 15 MIN • CHILL 30 MIN

INGREDIENTS:

- 1 cup rolled oats (old-fashioned)
- 1/2 cup almond butter (or peanut butter)
- 1/3 cup honey or maple syrup
- 1/2 cup dried cranberries (unsweetened)
- 1/4 cup chopped almonds
- 2 tbsp chia seeds
- 1/4 cup shredded coconut (unsweetened)
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- Pinch of sea salt
- Optional: 2 tbsp ground flaxseed or hemp seeds

HOW TO MAKE:

- In a large bowl, mix oats, almond butter, honey, vanilla, cinnamon and salt until well combined.
- Stir in cranberries, almonds, chia seeds, and coconut.
- Scoop about 1 tablespoon of mixture and roll into bite-sized balls.
- If desired, roll in extra shredded coconut or chia seeds.
- Place on a tray or plate and refrigerate for at least 30 minutes to firm up.
- Store in an airtight container in the fridge for up to 1 week (or freeze for longer).

HERBAL BENEFITS:



CRANBERRY ANTIOXIDANTS

Cranberries are rich in antioxidants that help support immune health, heart health and may protect cells from free radicals.



ALMOND HEART HEALTH

Almonds provide healthy fats, plant protein and vitamin E, which may support heart health, brain function and glowing skin.



CHIA LASTING ENERGY

Chia seeds are rich in omega-3 fatty acids, fiber and plant protein that help keep you full, energized and focused throughout the day.



NATURAL MOOD BOOSTER

The combination of wholesome ingredients may help stabilize energy, reduce stress and support a positive mood.



BETTER CHOICES

Made with simple, natural ingredients for a treat that nourishes your body, satisfies your cravings and supports overall well-being.



Simple ingredients.
Beautiful herbal moments.



TINY HERBAL TIP
Cranberries may help support urinary tract health.

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wellness journey!