

Bubbie's Daily Treat

Good Food ♥ Happy Days.
A Healthier You!

MADE-
WITH
LOVE &
HERBS.
♥

Nourish
Today
for a
Brighter
Tomorrow
♥

Bright
Berries
Happier
Days.
♥

TODAY'S HIGHLIGHT:

BLUEBERRY LEMON HERBAL MUFFINS ♥

FLUFFY • ZESTY • NOURISHING • EASY TO MAKE

Soft, moist muffins bursting with juicy blueberries, bright lemon, and fragrant herbs. Naturally sweet, packed with wholesome ingredients, and the perfect on-the-go treat for a brighter, happier day! ♥



REAL
FOOD



NATURAL
INGREDIENTS



NOURISHES
BODY & MIND



SIMPLE
TO MAKE



A SWEETER
TOMORROW

INGREDIENTS

(MAKES 12 MUFFINS)

DRY INGREDIENTS:

- 2 cups whole wheat pastry flour (or oat flour)
- 1/2 cup rolled oats
- 1/4 cup almond flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp sea salt
- 1 tbsp dried culinary lavender (optional)

WET INGREDIENTS:

- 1/3 cup honey or maple syrup
- 1/2 cup plain Greek yogurt (or dairy-free yogurt)
- 2 large eggs (or flax eggs)
- 1/4 cup melted coconut oil (or olive oil)
- Zest of 2 lemons
- 1/4 cup fresh lemon juice
- 1 tsp vanilla extract

ADD-INS:

- 1 1/2 cups fresh or frozen blueberries (tossed with 1 tbsp flour)

TOPPING (OPTIONAL):

- 1/4 cup rolled oats
- 2 tbsp slivered almonds
- 1 tsp lemon zest
- 1 tbsp honey or maple syrup

HOW TO MAKE:

- Preheat oven:** To 350°F (175°C). Line a 12-cup muffin tin with paper liners or lightly grease.
- Mix dry ingredients:** In a large bowl, whisk flour, oats, almond flour, baking powder, baking soda, cinnamon, salt and lavender (if using).
- Mix wet ingredients:** In a separate bowl, whisk yogurt, honey, eggs, lemon zest, lemon juice, melted oil and vanilla until smooth.
- Combine:** Gently fold the wet ingredients into the dry ingredients. Do not overmix. Fold in blueberries.
- Fill & top:** Divide batter into muffin tin. Sprinkle with oats, almonds and lemon zest. Drizzle with honey if desired.
- Bake:** For 18–22 minutes, or until a toothpick comes out clean. Cool for 5 minutes, then enjoy!

Bright lemons. Juicy berries.
Happier days ahead! ♥

HERBAL BENEFITS



BLUEBERRIES – ANTIOXIDANT POWER

Rich in antioxidants, vitamin C and polyphenols. May support brain health, heart health and a strong immune system.



LEMON – IMMUNE & MOOD BOOST

High in vitamin C, supports immunity, healthy skin and may help uplift mood and reduce stress.



LAVENDER – CALM & WELLNESS

Known for its soothing properties, may help reduce stress, promote relaxation and support restful sleep.



OATS – HEART HEALTH

Provide fiber, help keep you full longer and support healthy cholesterol levels.



ALMONDS – GOOD FATS & VITAMIN E

Packed with healthy fats, protein and vitamin E, supporting brain and heart health.



A HAPPIER MOOD

Wholesome, flavorful ingredients can uplift your mood and bring a little joy to your day.



BETTER CHOICES

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



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

SIMPLE RECIPES. STRONGER DAYS. A BRIGHTER YOU. ♥

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♥