

# Everything Herbal™

by Cheryl  
Jabz

Wholesome • Herbal  
Naturally Sweet ♥

QUICK, EASY & DELICIOUS

## ORANGE GINGER Cream Cups

♥ SUGAR FREE ♥

A light, creamy, citrusy dessert with  
a hint of ginger warmth—refreshing,  
herbal and naturally sweet!

SUGAR  
FREE



### INGREDIENTS

- ♥ 1 cup cottage cheese (low-fat or full-fat)
- ♥ 1/2 cup plain Greek yogurt (unsweetened)
- ♥ 1 tbsp fresh orange juice
- ♥ 1 tsp orange zest
- ♥ 1 tsp fresh grated ginger (or to taste)
- ♥ 1–2 tbsp sugar-free sweetener of choice (to taste)
- ♥ 1/2 tsp vanilla extract
- ♥ Pinch of sea salt (enhances flavor)
- ♥ **Optional Topping:**  
Orange zest, thin orange slices, fresh mint or a sprinkle of crushed pistachios



### INSTRUCTIONS

- 1 In a blender or food processor, combine cottage cheese, Greek yogurt, orange juice, orange zest, ginger, sweetener, vanilla, and a pinch of sea salt. Blend until smooth and creamy.
- 2 Taste and adjust sweetness or ginger to your preference.
- 3 Spoon mixture into 2–4 small serving cups.
- 4 Chill in the refrigerator for at least 30 minutes to let the flavors meld and the dessert set.  
Top as desired and enjoy!

### VARIATIONS

- ♥ Add a tablespoon of crushed walnuts or almonds for crunch.
- ♥ Swap orange for lemon or lime.
- ♥ Layer with a few berries for extra color and antioxidants.

### HERBAL BENEFITS



#### ORANGE

High in vitamin C and antioxidants; supports immunity and healthy skin.



#### GINGER

Aids digestion, reduces inflammation, and adds a warming, soothing effect.



#### BASIL/MINT (optional)

Supports digestion, reduces stress, and adds a refreshing herbal touch.



#### COTTAGE CHEESE

High in protein and calcium to support muscle, bone health and keep you full.

### Sweetener Tip ♥

These recipes are sugar-free and can be sweetened with your preferred sugar-free sweetener, such as stevia, monk fruit, erythritol, or allulose. Adjust the amount to suit your taste and follow the manufacturer's conversion guidelines.



PREP TIME



10 min

CHILL TIME



30 min

SERVINGS



2–4 cups



SCAN ME

DOWNLOAD

*This Recipe!*

- PRINT
- SAVE
- SHARE



*Eat Well. Live Well. Be Herbal. ♥*

Simple recipes. Powerful herbs. Everyday wellness.



www.EverythingHerbalbyCherylJabz.com



@EverythingHerbalbyCherylJabz