



EVERYTHING
HERBAL

by Cheryl Jabz

PLANT • NOURISH • THRIVE

SUGAR FREE

Naturally Sweetened!

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Thanks for Supporting Herbal Wellness!

Raspberry Mint GREEK YOGURT BARK

SUGAR FREE

Cool, creamy, and refreshingly delicious! This Raspberry Mint Greek Yogurt Bark is packed with antioxidants, naturally sweetened, and perfect for a guilt-free treat any time of day. A frosty herbal delight!



HERBS FOR FLAVOR

SWEETNESS WITHOUT SUGAR

INGREDIENTS

- 2 cups plain Greek yogurt (whole milk or 2%)
- 1–2 tbsp monk fruit sweetener (or to taste)
- 1 tsp peppermint extract
- 1 tsp vanilla extract
- 1 cup fresh raspberries (plus extra for topping)
- 2 tbsp chopped pistachios
- 1 tbsp unsweetened shredded coconut (optional)
- Fresh mint leaves, chopped (for garnish)
- Pinch of sea salt

DIRECTIONS

- In a bowl, stir together Greek yogurt, monk fruit sweetener, peppermint extract, and vanilla extract until smooth.
- Line a baking sheet with parchment paper.
- Spread the yogurt mixture evenly onto the prepared baking sheet, about 1/4-inch thick.
- Scatter raspberries over the top, gently pressing them into the yogurt.
- Sprinkle with chopped pistachios, coconut (if using), and a pinch of sea salt.
- Freeze for at least 3–4 hours, or until completely solid.
- Once frozen, break into pieces. Store in an airtight container in the freezer and enjoy!

HERBAL HIGHLIGHTS



RASPBERRIES
Rich in antioxidants, vitamins, and fiber that support heart and immune health.



PEPPERMINT
Cooling and calming, peppermint aids digestion and adds a refreshing herbal lift.



GREEK YOGURT
High in protein and probiotics for gut health and long-lasting satisfaction.

CHERYL'S TIP

Drizzle with a little extra melted sugar-free dark chocolate before freezing for a decadent twist!

Made with Love, Nature & Herbs
Simple ingredients. Powerful benefits.
Made for you and your family.

LOW SUGAR

HIGH PROTEIN

GLUTEN FREE

KETO FRIENDLY

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Bringing the Power of Herbs to Your Kitchen and Your Life!

THANK YOU!