

Bubbie's Daily Treat

Good Food ♥ Happy Days.
A Healthier You!

MADE WITH LOVE & HERBS. ♥

Nourish Today for a Brighter Tomorrow ♥

Warm Hearts Brighter Days. ♥

TODAY'S HIGHLIGHT:

CRANBERRY ORANGE OAT BARS ♥

TART • SWEET • NOURISHING • EASY TO MAKE

The perfect balance of tart cranberries, bright orange and wholesome oats. These chewy, flavorful bars are naturally sweetened, packed with nourishing ingredients, and make a wonderful treat for any time of day — because good food fuels a brighter you! ♥



REAL FOOD



NATURAL INGREDIENTS



NOURISHES BODY & MIND



SIMPLE TO MAKE



A SWEETER TOMORROW

HERBAL BENEFITS



CRANBERRIES – ANTIOXIDANT POWER

Rich in antioxidants, vitamin C and polyphenols, support urinary health, immune function and overall wellness.



ORANGE – VITAMIN C & MOOD BOOST

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



OATS – HEART HEALTH

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



NUTS – GOOD FATS & BRAIN SUPPORT

Packed with healthy fats, protein, vitamin E and minerals that nourish the heart and brain.



CINNAMON – BALANCE & WELLNESS

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



A HAPPIER MOOD

The combination of bright, wholesome ingredients can 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.

INGREDIENTS (MAKES 12 BARS)

OAT BASE:

- 2 cups rolled oats (old-fashioned)
- 1 cup almond flour (or oat flour)
- 1/2 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp sea salt

WET INGREDIENTS:

- 1/3 cup coconut oil (melted)
- 1/3 cup honey or maple syrup
- 1 tsp vanilla extract
- Zest of 1 orange

FRUIT & ADD-INS:

- 1 cup dried cranberries (or fresh if available)
- 1/2 cup chopped nuts (walnuts or pecans)
- 1/4 cup shredded coconut (optional)

GLAZE (OPTIONAL):

- 1/2 cup powdered coconut sugar or maple sugar
- 2-3 tbsp fresh orange juice
- 1/2 tsp orange zest

HOW TO MAKE:

- Preheat oven:** To 350°F (175°C). Line an 8x8-inch baking pan with parchment paper.
- Mix dry ingredients:** In a large bowl, combine oats, almond flour, baking powder, cinnamon and sea salt.
- Mix wet ingredients:** In a separate bowl, whisk together melted coconut oil, honey (or maple syrup), vanilla and orange zest.
- Combine:** Stir the wet ingredients into the dry ingredients, then fold in cranberries, nuts and coconut (if using).
- Bake:** Press mixture into prepared pan. Bake for 20-25 minutes, or until golden brown.
- Cool & finish:** Let cool completely. Drizzle with orange glaze (optional). Slice into 12 bars and enjoy!

*Bright flavors. Better choices.
A little sweetness goes a long way! ♥*

LET'S STAY CONNECTED!



@BubbiesDailyTreat

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Wholesome Treats Happier Days. ♥

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

SIMPLE RECIPES. STRONGER DAYS. A BRIGHTER YOU. ♥

Bubbie ♥