



Everything HERBAL

by Cheryl Jabz



RECIPES, TIPS &
HERBAL INSPIRATION

Cheryl's Tips for EDIBLE HERBAL ICE CUBE MAKING

Herbal ice cubes are a simple, beautiful way to add flavor, wellness and elegance to your drinks and recipes.

TIPS FOR PERFECT HERBAL ICE CUBES



1. USE FRESH OR DRIED HERBS

Both work beautifully! Use fresh herbs for a vibrant look and mild flavor. Dried herbs offer a stronger infusion.



2. CHOOSE YOUR BASE

Use filtered water, coconut water, herbal tea, fruit juice or lemonade for extra flavor and benefits.



3. LESS IS MORE

A little goes a long way. Too many herbs can overpower your drink or make the cube bitter.



4. ARRANGE BEAUTIFULLY

Place herbs, flowers or citrus slices attractively in each compartment before pouring in your liquid.



5. FREEZE SLOWLY

Freeze on a flat surface and allow time for full solidification to keep herbs and flowers in place.



6. HOW TO USE

Add to water, iced tea, lemonade, cocktails, mocktails or even soups and sauces for a herbal boost!



Lavender +
Lemon



Mint +
Lime



Chamomile +
Honey



Rosemary +
Orange



Hibiscus +
Pineapple

Make every sip
a refreshing
herbal experience!



REAL INGREDIENTS ♥ SIMPLE RECIPES ♥ EVERYDAY WELLNESS

Bringing Herbs to Life, Naturally. ♥

www.EverythingHerbalbyCherylJabz.com

