



DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT:

PLUM BASIL RICOTTA TOASTS

Creamy ricotta, juicy plums, fresh basil and honey create a bright, flavorful treat. 

INGREDIENTS:

- 4 slices whole-grain bread, toasted
- 1 cup whole-milk ricotta
- 2 ripe plums, thinly sliced
- 1 Tbsp fresh basil, finely sliced
- 1-2 tsp raw honey (optional)
- 2 Tbsp chopped almonds (optional)

HOW TO MAKE:

- 1 Spread ricotta over each toast.
- 2 Arrange plum slices on top.
- 3 Sprinkle with fresh basil.
- 4 Drizzle lightly with honey.
- 5 Add almonds and serve.

HERBAL BENEFITS:



PROTEIN-RICH

Ricotta provides satisfying protein.



COLORFUL GOODNESS

Plums provide colorful plant compounds.



BRIGHT & HERBAL

Basil adds fresh, fragrant flavor.



QUICK & EASY

A simple treat ready in minutes.

*Simple ingredients.
Bright herbal flavor.*



TINY HERBAL TIP

Slice the basil just before serving to help keep its color and fresh aroma.

*Sharing herbal knowledge,
recipes & natural living to help
you thrive — naturally!*

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