

Bubbie's Daily Treat

Good Food  Happy Days
A Healthier You!

MADE
WITH
LOVE &
HERBS 

Small
Treats
Big
Wellness 

TODAY'S HIGHLIGHT:

LEMON GINGER HONEY ENERGY BITES

ZESTY • NOURISHING • NATURAL ENERGY • EASY TO MAKE

A refreshing, no-bake treat made with wholesome oats, zesty lemon, warming ginger, and a touch of honey. These energy bites are packed with flavor and natural goodness – the perfect little pick-me-up for your day! 



REAL
FOOD



NATURAL
INGREDIENTS



NOURISHES
BODY & MIND



SIMPLE
TO MAKE



A SWEETER
TOMORROW

INGREDIENTS

(MAKES ABOUT 12-15 BITES)

- 1 cup old-fashioned oats
- 1/2 cup almond flour (or oat flour)
- 1/4 cup unsweetened shredded coconut
- 1/4 cup raw honey
- 2 tbsp nut butter (almond or peanut)
- 1 tbsp fresh lemon zest
- 2 tbsp fresh lemon juice
- 1 tbsp fresh grated ginger
- 1/2 tsp ground cinnamon
- 1/4 tsp vanilla extract
- Pinch of sea salt

Simple
Ingredients
Happier
Days 

HOW TO MAKE:

- 1 In a large bowl, combine oats, almond flour, coconut, cinnamon and salt.
- 2 In a small bowl, mix honey, nut butter, lemon zest, lemon juice, ginger and vanilla.
- 3 Pour the wet ingredients into the dry ingredients and stir until well combined.
- 4 Scoop and roll into bite-sized balls (about 1 tablespoon each).
- 5 Optional: Roll in extra coconut or crushed oats.
- 6 Chill in the refrigerator for at least 30 minutes before enjoying.

Keep them in the fridge for up to 1 week.
Perfect for a healthy snack anytime! 

HERBAL BENEFITS



LEMON – VITAMIN C & IMMUNE SUPPORT

Rich in vitamin C, helps support immunity, healthy skin and overall wellness.



GINGER – NATURAL WELLNESS

Known for its anti-inflammatory properties and support for healthy digestion and circulation.



HONEY – NATURAL SWEETNESS

Adds natural sweetness, antioxidants and soothing properties.



OATS – SUSTAINED ENERGY

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



A HAPPIER MOOD

The combination of lemon, ginger and wholesome ingredients can uplift your mood and bring comfort.



BETTER CHOICES

Made with simple, natural ingredients for a treat that nourishes your body, satisfies your cravings and supports overall well-being.

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SIMPLE RECIPES. STRONGER DAYS. A BRIGHTER YOU. 