



THE
**HONEY HEALING
KITCHEN:**

*51 Fat-burning Recipes for the
Heart, Brain & Body*

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The Alternative Daily

TABLE OF CONTENTS

Introduction.....	5
Get-Up-And-Go Oatmeal Energy Balls.....	6
Welcome Home Apple Cherry Compote.....	8
Blueberry And Honey Breakfast Cake.....	10
Tropical Sorbet.....	12
Passion Fruit Cupcakes.....	13
Mixed Berry Waffle Sandwich.....	15
Super Sweet Potato Chips.....	16
Carrot Cake To Die For.....	17
Almond Honey Chai Tea.....	18
Dairy-Free Honey Cookies.....	19
Sunshine Fruit Smoothie.....	21
No-Bake Peanut Butter Chocolate Bars.....	22
Simply Sweet Hot Chocolate.....	24
Light Strawberry And Kiwi Crumble.....	25
Over-The-Top Honey Orange Marmalade.....	27
Fruity Summer Slush.....	28
Chocolate And Coconut-Covered Almonds.....	29



Nutty Honey Granola	31
Chewy Chocolate Chip Cookies	32
Sweet Crustless Apple Pie	33
Frothy Honey Latte.....	34
Easy Salt And Honey Ice Cream.....	35
Yummy Honey Flans.....	36
Spinach And Fruit Honey Salad.....	38
Honey Smacked Parfait	39
Honey And Apple Cider Vinegar Elixir.....	40
Honey And Lemon Green Tea	41
Scrumptious Honey Taffy.....	42
Honey-Infused Baked Beans.....	44
Banana And Cocoa Tofu Smoothie.....	45
Glazed Lemon And Honey Chicken	46
Melt-In-Your-Mouth Honey Bread.....	47
Honey Love Cinnamon Butter.....	49
Honey Carrot Ginger Soup.....	50
Creamy Roasted Peanut Soup With Honey Whipped Cream.....	51
Noodle-Free Pad Thai	53
Savory Honey And Ginger Salmon	55
Roasted Honey Veggie Salad.....	56



Perfect Peach And Honey Popsicles..... 58

Ginger And Honey Pork Medley 60

Zesty Chicken Wings..... 62

Honey Spiced Bison Black Bean Chili..... 64

Luscious Lavender And Honey Lemonade 66

Sweet And Sticky Shrimp 68

Glazed Honey Carrots..... 70

Tropical Twist Salad 72

Medium Hot Honey Mango Salsa 74

Honeyed Corn..... 75

Garlic And Honey Eggs Supreme..... 77

Sweet And Spicy Butter 78

Honey Kissed Couscous Salad 79

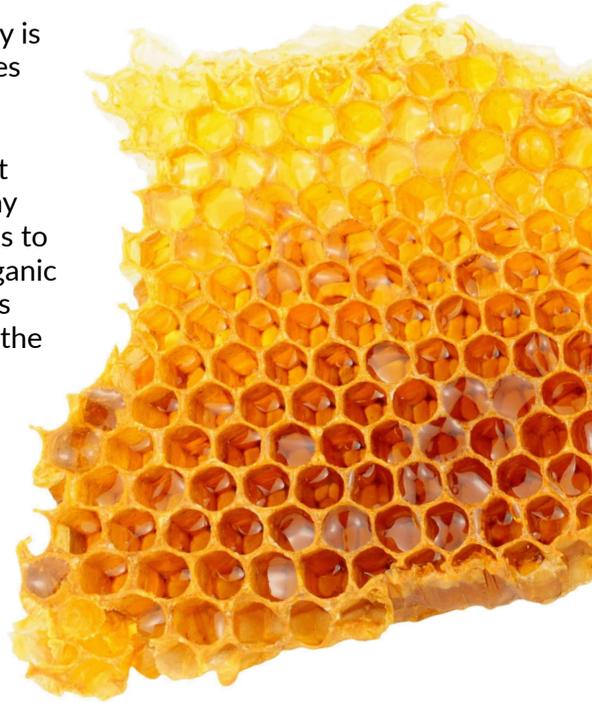


Cooking with honey is a joy. Not only is honey chock full of healing properties but it just tastes great.

Honey is an especially wonderful gift for cooking. The easiest and best way to protect the health of your family is to purchase local honey or certified organic honey. Some local producers process their own honey, and you know it is the real stuff.

It is worth the little extra you may pay for the peace of mind that your honey is actually honey and not some artificially sweetened water or that it is contaminated in some way. Raw honey has the greatest abundance of medicinal properties and is loaded with pollen that contains antioxidants and valuable enzymes.

Happy and sweet cooking!





GET-UP-AND-GO OATMEAL ENERGY BALLS

These healthy oatmeal balls are a great start to your day or a nutritious anytime snack.

INGREDIENTS

- 1 1/2 cups rolled oats
- 1/2 cup wheat germ
- 1/2 cup dried dates
- 1/4 cup plus 4 tbsp sunflower kernels
- 1/2 cup plus 4 tbsp chia seeds
- 2 tbsp orange marmalade
- 1/2 cup peanut butter
- 1/2 cup honey

INSTRUCTIONS

1. Line a baking pan with wax paper.
2. Mix oats, wheat germ, dates, 1/2 cup sunflower kernels and 1/2 cup chia seeds in a food processor. Pulse a few times.
3. Add peanut butter, honey and marmalade. Process until combined and the dough forms a ball.
4. Chill for 30 minutes.
5. Finely chop the remaining sunflower kernels and chia seeds together.
6. With wet hands, make balls with the chilled mixture and roll in the sunflower and chia seed mixture.
7. Place the finished balls on the baking sheet and return to the refrigerator to chill for a few hours.
8. Store the balls in an airtight container for up to a week.





WELCOME HOME APPLE CHERRY COMPOTE

Nothing says “welcome home” better than this delicious compote.

Preheat oven to 350°F and grease an 8x8 pan with coconut oil.

INGREDIENTS

Crust

- 3 cups rolled oats
- 1/2 cup coconut crystals
- 1/2 tsp pumpkin pie spice
- 2 tsp baking powder
- 1/2 tsp sea salt
- 1 cup whole milk
- 2 eggs
- 1/2 cup honey
- 1 tsp pure vanilla
- 1/2 cup melted butter

Compote

- 2 tart apples, peeled and diced into 1/2-inch pieces
- 1/2 cup dried cherries
- 1/3 cup honey
- 1/2 cup apple juice
- 1 orange, juiced and zested
- 2 tbsp butter
- 1 tsp pure vanilla

INSTRUCTIONS

1. Mix the oats, coconut crystals, pumpkin pie spice, baking powder and salt in a large bowl.
2. Whisk the milk, eggs, honey and vanilla in another bowl.
3. Combine the wet and dry ingredients and add in the melted butter. Mix well.
4. Spread the mixture in the pan and bake for 25 to 30 minutes.
5. While the oats are baking, add the apples, cherries, honey, apple juice and juice from the orange together in a small saucepan.
6. Allow the mixture to boil for 1 minute. Reduce heat and simmer for 15 minutes. Keep stirring.
7. Remove the compote from the heat and stir in the orange zest, vanilla and butter.
8. Allow the oats to cool for 10 minutes and pour compote mixture on top.





BLUEBERRY AND HONEY BREAKFAST CAKE

This moist breakfast cake is loaded with blueberries, one of the most nutrient-dense foods on the planet.

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Preheat oven to 350°F and grease a 9-inch round pan with coconut oil.

INGREDIENTS

- 2 cups fresh blueberries
- 1/2 cup honey
- 2 tbsp fresh lemon juice
- 1 1/2 cups gluten-free baking flour
- 2 tsp baking powder
- 1/2 tsp salt
- 2 eggs
- 1/4 cup milk
- 2 tbsp fresh lemon juice
- 1 tsp freshly grated lemon peel
- 1 tsp pure vanilla
- 6 tbsp melted butter
- 1/2 tsp baking soda

INSTRUCTIONS

1. Add a thin layer of cornmeal, then blueberries.
2. Sprinkle the blueberries with flour, drizzle with honey and lemon juice. Set this aside.
3. In a small mixing bowl, combine flour, baking powder, baking soda and salt. Set this aside.
4. In a medium mixing bowl, combine eggs, honey, milk, lemon juice, lemon peel and vanilla. Beat with a fork until well blended.
5. Add the flour mixture and mix well.
6. Stir in the melted butter and mix.
7. Pour batter over the blueberries and spread evenly.
8. Bake for 30 to 35 minutes or until a toothpick inserted in the center comes out clean.
9. Cool for 10 minutes on a wire rack.





TROPICAL SORBET

After a warm day outdoors, nothing will cool you down in a sweeter fashion than this refreshing sorbet.

INGREDIENTS

- 3 cups orange juice
- 1 2/3 cups frozen mango pieces
- 1 2/3 cups pineapple chunks
- 3/4 cup honey
- 1/3 cup fresh lime juice

INSTRUCTIONS

1. Blend 1 1/2 cups of orange juice and remaining ingredients.
2. Stir in the remaining orange juice.
3. Freeze until smooth and creamy.



PASSION FRUIT CUPCAKES

Passion fruit and blueberries give these muffins just the right amount of fruity goodness.

STEP ONE: CUPCAKES

INGREDIENTS

- 2 cups all-purpose gluten-free flour
- 1/2 tsp baking soda
- 1/2 tsp salt
- 3/4 cup passion fruit nectar
- 1/4 cup buttermilk
- 1/2 cup butter, softened
- 1/2 cup wildflower honey
- 2 large eggs
- 1 cup fresh blueberries

INSTRUCTIONS

1. Sift together flour, baking soda, baking powder and salt. Set aside.
2. In a glass measuring bowl, cream butter until it becomes fluffy.
3. Add honey and mix well.
4. Add eggs one at a time. Then add buttermilk and passion fruit nectar.
5. Add half of the dry ingredients to the butter. Mix on low with hand mixer until well combined.
6. Add remaining dry ingredients until combined.
7. Fold in blueberries.
8. Fill paper-lined muffin tins 2/3 full.
9. Bake for 18 to 22 minutes or until a toothpick inserted in the center of a muffin comes out clean.
10. Cool muffins for 10 minutes.

STEP TWO: WHIP CREAM

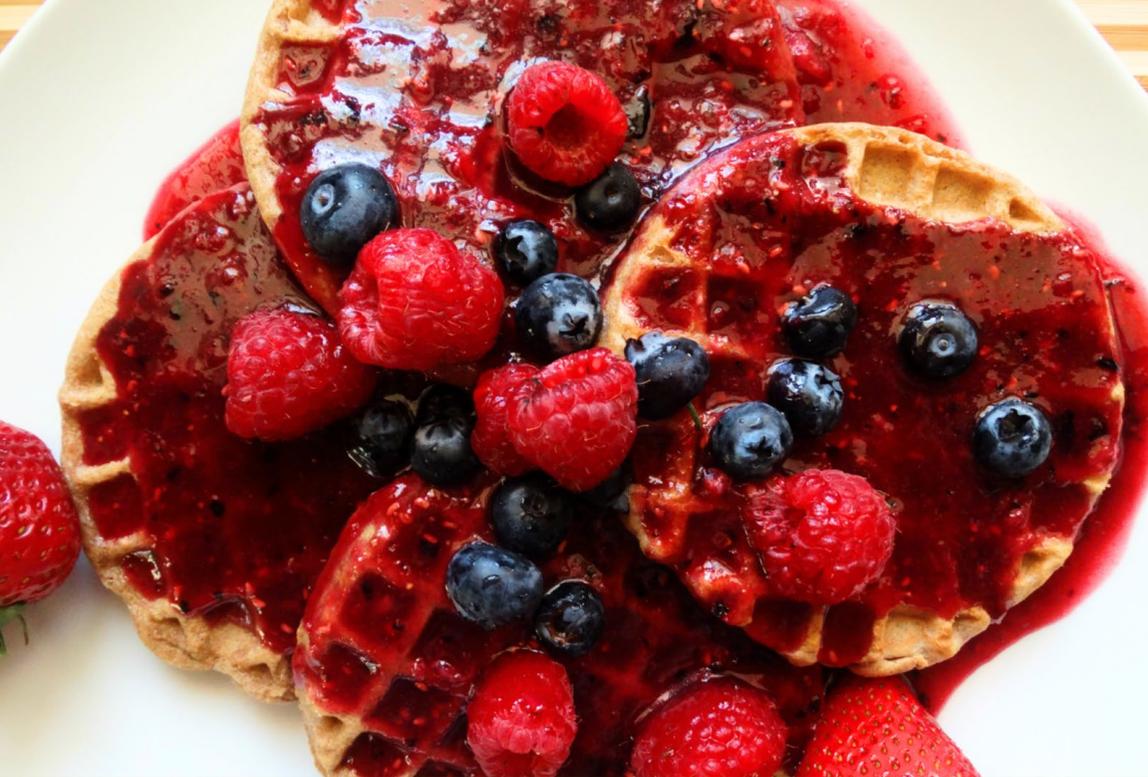
INGREDIENTS

- 1 cup heavy whipping cream
- 1 tbsp mild honey
- 2 tbsp passion fruit nectar

INSTRUCTIONS

1. Combine whipping cream, honey and passion nectar in a mixing bowl.
2. Beat until peaks form.





MIXED BERRY WAFFLE SANDWICH

Looking to make something special for breakfast? This recipe is sure to please a crowd.

INGREDIENTS

- 1 1/2 cups fresh berries
- 1 tbsp butter
- 1/3 cup honey
- 8 frozen gluten-free waffles, toasted

INSTRUCTIONS

1. Blend 1/2 cup of berries in a blender (or food processor) and set aside.
2. Melt butter in a small saucepan over medium heat.
3. Add honey and bring to a boil.
4. Simmer 2 to 3 minutes and add berry mixture. Continue to simmer 2 to 3 minutes until syrup thickens a bit. Set this aside and keep warm.
5. Serve with 2 waffles on each plate. Top with 1/4 cup fresh berries and drizzle with syrup.



SUPER SWEET POTATO CHIPS

Need a salty and slightly sweet snack? These potato chips are a great way to nix the craving.

Preheat oven to 400°F.

INGREDIENTS

- 2 sweet potatoes
- 2 tbsp melted butter
- 2 tbsp honey
- 1/2 tsp ground cinnamon
- Sea salt and pepper to taste

INSTRUCTIONS

1. Slice sweet potatoes thinly using a mandoline or food processor.
2. Combine honey and butter in a small bowl and toss the potatoes.
3. Line a baking pan with a silicone mat and place potatoes on mat.
4. Bake the potatoes 5 minutes per side.
5. Sprinkle with cinnamon, sea salt and pepper to taste.



CARROT CAKE TO DIE FOR

You have never tasted a carrot cake like this one before. Once you try it, you won't eat another.

Preheat oven to 325°F. Lightly grease a pair of 9-inch cake pans with coconut oil.

INGREDIENTS

- 3 cups blanched almond flour
- 1 tsp sea salt
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 5 large eggs
- 1/2 cup honey
- 1/4 cup grapeseed oil
- 3 cups carrots, grated
- 1 cup raisins
- 1 cup walnuts

INSTRUCTIONS

1. Mix the almond flour, salt, baking soda, cinnamon and nutmeg in a large bowl.
2. In a medium bowl, mix together eggs, honey and oil.
3. Stir carrots, raisins and walnuts into wet ingredients.
4. Stir wet into dry ingredients.
5. Transfer batter into greased pans.
6. Bake for 35 minutes.
7. Cool each cake for 3 hours, then remove from pan.



ALMOND HONEY CHAI TEA

This warm and naturally sweet drink is perfect for cuddling up with a book on a chilly afternoon.

INGREDIENTS

- 1/2 cup honey
- 2 cups water
- 2 black tea bags
- 2 tsp pure vanilla
- 1/2 tsp ground ginger
- 1/2 tsp ground allspice
- 1/2 tsp ground cinnamon

INSTRUCTIONS

1. Combine honey, water, tea, vanilla and spices in a medium pan.
2. Bring to a boil. Reduce heat and simmer for about 5 minutes.
3. Remove from heat and cover. Allow tea to steep for about 30 minutes.
4. Remove tea bags, cover and refrigerate the base.
5. To serve this drink hot, mix equal parts of chai tea base and milk of your choice. Heat on the stove with medium heat. To serve cold, mix equal parts of the tea base and milk (or milk substitute) over ice.



DAIRY-FREE HONEY COOKIES

If you like crispy on the outside and chewy on the inside, these are the cookies for you.

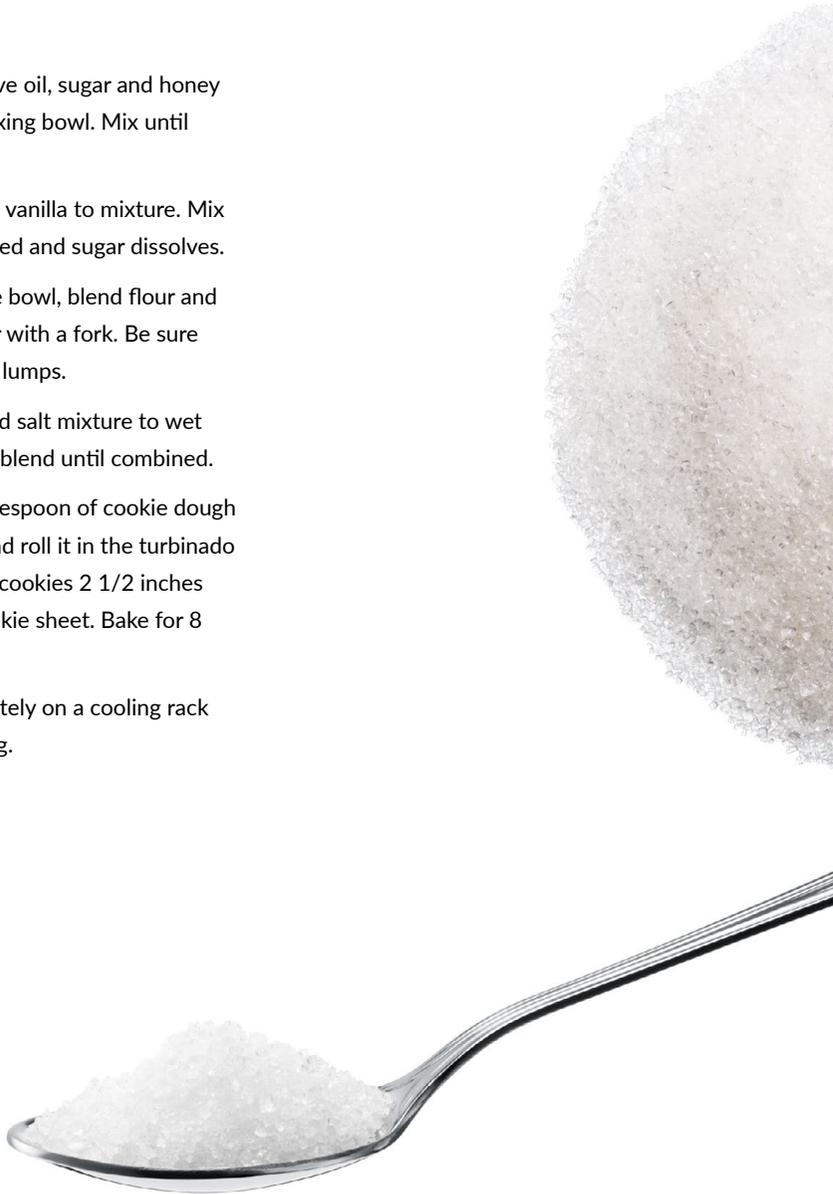
Preheat oven to 375°F. Line a cookie sheet with parchment paper.

INGREDIENTS

- 1/2 cup plus 2 tbsp light extra virgin olive oil
- 2/3 cup sugar
- 1/4 cup honey
- 1 large egg
- 1 tsp pure vanilla
- 2 cups gluten-free flour
- 2 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/3 cup turbinado sugar

INSTRUCTIONS

1. Combine olive oil, sugar and honey in a large mixing bowl. Mix until combined.
2. Add egg and vanilla to mixture. Mix until combined and sugar dissolves.
3. In a separate bowl, blend flour and salt together with a fork. Be sure there are no lumps.
4. Add flour and salt mixture to wet mixture and blend until combined.
5. Shape 1 tablespoon of cookie dough into a ball and roll it in the turbinado sugar. Place cookies 2 1/2 inches apart on cookie sheet. Bake for 8 minutes.
6. Cool completely on a cooling rack before eating.





SUNSHINE FRUIT SMOOTHIE

Looking for a quick and nutritious breakfast option? This smoothie tastes great and will keep you satisfied all morning long.

INGREDIENTS

- 2 cups milk (or milk substitute)
- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 frozen banana, medium
- 1/2 scoop pea protein
- 1 tbsp honey
- 2 tbsp Greek yogurt

INSTRUCTIONS

1. Place all ingredients in a blender.
2. Blend until smooth. Enjoy!



NO-BAKE PEANUT BUTTER CHOCOLATE BARS

This is the perfect sweet end to any meal. These bars combine just the right amount of peanut butter and chocolate. One won't ever be enough.

INGREDIENTS

- 2 cups natural peanut butter
- 3/4 cup butter, softened
- 3/4 cup oat bran
- 1/2 cup honey
- 4 cups gluten-free graham crackers, crushed
- 2 cups mini dark chocolate chips (or carob chips)

STEP ONE: BOTTOM LAYER

INSTRUCTIONS

1. Lightly grease a 13x9 glass pan.
2. Combine 1 1/4 peanut butter and honey in a large bowl until creamy.
3. Mix the oat bran, graham cracker crumbs and 1/2 cup dark chocolate chips.
4. Use a spatula to press down mixture evenly into the baking pan.

STEP TWO: TOP LAYER

INSTRUCTIONS

1. Melt 3/4 cup peanut butter and 1 1/2 cups of dark chocolate chips over low heat. Use a heavy bottom pot and stir until smooth.
2. Spread the peanut butter mixture over the bottom layer and refrigerate at least 2 hours. It's best to leave it overnight or until firm.
3. Cut into bars. Store in refrigerator.





SIMPLY SWEET HOT CHOCOLATE

Chocolate lovers will enjoy this rich and creamy drink sweetened with honey.

INGREDIENTS

- 2 tbsp honey
- 2 tbsp unsweetened cocoa powder
- Pinch of sea salt
- 1 cup whole milk (or milk alternative)

INSTRUCTIONS

1. Whisk honey, cocoa powder and salt in pot over medium heat. Bring to simmer.
2. Whisk in milk very slowly.
3. Cook and keep stirring until slightly thick and bubbles appear at the edge.



LIGHT STRAWBERRY AND KIWI CRUMBLE

This sweet treat is perfect for those watching their waistline – and it doesn't skimp on flavor either.

STEP ONE: CRUST

INGREDIENTS

- 1 1/2 cups walnuts
- 10 dates
- 1 tbsp coconut oil
- 1/2 tsp baking soda
- Pinch of sea salt

INSTRUCTIONS

1. In a food processor, pulse the walnuts until they are smaller than pea size.
2. Add dates and pulse.
3. Add coconut oil, baking soda and salt. Process until it is a smooth consistency.
4. Scoop batter and place it into a glass pie pan.
5. Use your hands to mold the batter into the pan and up along the sides.
6. Bake for 12 minutes or until the edges turn brown.
7. Once cool, lay the strawberries and kiwis in the crust. They should come to just below the crust line.

STEP TWO: FILLING

INGREDIENTS

- 1/2 cup fresh strawberries
- 1/2 cup water
- 2 tsp pure vanilla
- 2 tbsp honey
- 3 envelopes unflavored gelatin
- 3/4 cup kiwis, chopped
- 1 1/4 cup fresh strawberries, chopped

INSTRUCTIONS

1. Add first five ingredients into a blender and blend until pureed.
2. Pour into a saucepan and bring to a boil.
3. Reduce heat to a low, rolling boil and whisk for 5 minutes.
4. Once the liquid mixture is done, pour it over the fruit.
5. Cover and place in refrigerator to chill. It should take about 3 hours to firm up.





OVER-THE-TOP HONEY ORANGE MARMALADE

This delicious marmalade makes a perfectly sweet topping for gluten-free bread or as a garnish for poultry or pork.

INGREDIENTS

- 2 oranges, peeled
- 1 jalapeno pepper
- 8 oz honey

INSTRUCTIONS

1. Grate orange peels into a small pan.
2. Add honey and mix.
3. Cut pepper into small and thin sections, including seeds.
4. Place pan on medium heat and stir constantly — do not allow mixture to boil.
5. When mixture is blended and hot, put it into a clean jam jar.
6. Allow it to cool. No need to refrigerate.



FRUITY SUMMER SLUSH

Cool off after a day in the sun with this refreshing fruity slush.

INGREDIENTS

- 1 1/2 cups fresh squeezed orange juice
- 1/2 cup honey
- 2 tbsp fresh lemon juice
- 2 tbsp fresh lime juice
- 1 1/2 cups frozen blueberries
- 1 cup crushed ice
- 1 lemon wedge (or lime)

INSTRUCTIONS

1. Combine orange juice, honey, lemon and lime juices in a blender. Blend until honey is dissolved.
2. Add blueberries and ice, then puree.
3. Garnish with a lemon or lime wedge.



CHOCOLATE AND COCONUT-COVERED ALMONDS

These almonds make a perfect afternoon pick-me-up.

INGREDIENTS

- 1 1/2 cup raw almonds
- 1/4 cup coconut manna
- 1 1/2 tbsp unrefined coconut oil
- 2 tbsp honey
- 4 oz unsweetened baking cocoa
- 1/2 tsp pure vanilla extract
- Pinch of sea salt

INSTRUCTIONS

1. Line a glass 9x13 pan with parchment paper.
2. Place all ingredients except almonds in a double boiler.
3. Mix and stir until mixture begins to boil.
4. Add almonds and remove mixture from heat.
5. Pour almonds in the pan, then place in the freezer for 20 minutes.
6. Chop larger almonds into smaller pieces and store in the fridge.





NUTTY HONEY GRANOLA

Enjoy this granola for breakfast or for a naturally sweet snack anytime.

Preheat oven to 250°F and lightly grease a baking sheet.

INGREDIENTS

- 1/3 cup honey
- 2 cups quick cook oatmeal
- 1/4 cup wheat germ
- 1 cup roasted chopped peanuts
- 1/3 cup coconut crystals
- 1/4 cup coconut oil
- 2 tbsp water
- 1/2 tsp sea salt
- 1 tsp pure vanilla

INSTRUCTIONS

1. Combine oatmeal, wheat germ and peanuts in a large mixing bowl.
2. Combine honey, coconut crystals, coconut oil, water, salt and vanilla in a medium mixing bowl. Stir.
3. Coat oatmeal mixture with honey mixture and blend well.
4. Bake for 1 hour, stirring every 15 minutes. Remove and cool.
5. Store in an airtight container.



CHEWY CHOCOLATE CHIP COOKIES

Oeey goodness says it all about these delectable chocolate treats.

Preheat oven to 350°F and line a cookie sheet with parchment paper.

INGREDIENTS

- 1 3/4 cups almond flour
- 1/4 cup honey
- 3/4 cup mini dark chocolate chips
- 1/4 cup coconut oil
- 1/4 tsp sea salt
- 1/4 tsp baking soda
- 1 tsp pure vanilla

INSTRUCTIONS

1. Combine all ingredients in a mixing bowl, except the chocolate chips.
2. Fold in chocolate chips.
3. Scoop out dough by tablespoon and place on cookie sheet, 3 inches apart.
4. Press each cookie lightly with a fork.
5. Bake for 6 to 10 minutes or until brown — do not overcook.
6. Cool for 10 minutes before eating.



SWEET CRUSTLESS APPLE PIE

Pair this apple pie with a piece of cheddar cheese for a great tasting combo. You won't miss the crust at all!

.....
Preheat oven to 350°F and grease a deep dish pie pan.

INGREDIENTS

- 5 cups apples, peeled and cut
- 1 tsp cinnamon
- 2 tbsp coconut crystals
- 3/4 cup melted butter
- 1/2 cup honey
- 1 cup gluten-free flour
- 1/2 tsp xanthan gum
- 1 large brown egg
- Pinch of sea salt

INSTRUCTIONS

1. Place apples in pan, sprinkle with cinnamon and 1 tablespoon coconut crystals.
2. Mix melted butter, honey, flour and xanthan gum together.
3. Pour over apples and spread with a spatula.
4. Sprinkle more cinnamon and the rest of the coconut crystals over the apples.
5. Bake for 45 minutes.



FROTHY HONEY LATTE

Forget that expensive coffee shop coffee and make your own healthy drink at home.

INGREDIENTS

- 2 cups double strength coffee
- 1 cup whole milk (or almond milk)
- 1/4 cup honey
- 2 cups ice

INSTRUCTIONS

1. Whisk coffee, milk and honey together until honey is dissolved.
2. Chill and blend in a blender with ice before serving.



EASY SALT AND HONEY ICE CREAM

This ice cream is so easy to make and does not require an ice cream maker. The whole family will enjoy this special treat.

INGREDIENTS

- 2 cups heavy whipping cream
- 1 can sweetened condensed milk
- 1/4 cup honey
- 1/2 tsp sea salt flakes

INSTRUCTIONS

1. Pour whipping cream into the bowl of a stand mixer with whisk attachment.
2. Mix on low speed to start, then increase to high speed until stiff peaks form. This usually takes about 2 minutes.
3. Fold condensed milk into mixture with a spatula along with honey and sea salt. Continue to stir gently until combined.
4. Pour into a freezer-safe container.
5. Drizzle with honey and freeze for 6 hours.
6. Drizzle with more honey when you serve.



YUMMY HONEY FLANS

This elegant dessert is sure to be a hit at your next dinner party. But why save it until then? Enjoy it now!

Preheat oven to 350°F.

INGREDIENTS

- 1/2 cup sugar
- 7 tbsp honey
- 1 can sweetened condensed milk
- 1 cup milk
- 3 large eggs
- 1 large egg yolk
- 1/4 tsp sea salt

INSTRUCTIONS

1. Sprinkle sugar in a 3-quart saucepan. Place over medium heat and cook gently until sugar melts and turns a light brown. Shake pan while it cooks.
2. Slowly stir in 3 tablespoons of honey.
3. Remove from heat and pour hot sugar into 6 ramekins.
4. Place condensed milk and remaining four ingredients into a blender, then process until smooth. Pour evenly into the ramekins.
5. Add 1 inch of hot tap water to the pan. Place ramekins in the pan. Cover loosely with aluminum foil.
6. Bake for 30 to 35 minutes or until lightly set. Flans will jiggle slightly.
7. Remove ramekins from water bath and cool for 30 minutes. Cover and chill for 3 hours.
8. When you are ready to serve, loosen flans with a knife around the edges and serve inverted.





SPINACH AND FRUIT HONEY SALAD

Slightly fruity and sweet, this light salad is a perfect addition to any meal.

INGREDIENTS

Salad

- 1 6-oz package fresh spinach
- 1 cup fresh strawberries, quartered
- 1/2 cup red onion, sliced thinly
- 1/2 cup fresh blueberries
- 1/4 cup feta cheese, crumbled

Dressing

- 1/3 cup balsamic vinegar
- 2 tbsp honey
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 2/3 cup extra virgin olive oil

INSTRUCTIONS

1. Toss salad ingredients.
2. Drizzle salad with dressing.



HONEY SMACKED PARFAIT

This parfait is a perfect mix of fresh fruit and honey. Enjoy for breakfast, dessert or as a snack any time.

INGREDIENTS

- 1 cup plain Greek yogurt
- 1/4 cup honey
- 1 cup granola
- 1 1/2 cups strawberries, sliced
- 1 banana, sliced
- 1 1/2 cups raspberries
- 1/2 cup blackberries

INSTRUCTIONS

1. Mix yogurt and honey together, then pour into a glass.
2. Alternate layers of granola, fruit, honey and yogurt until glass is full.
3. Top with more fruit and drizzle with honey.



HONEY AND APPLE CIDER VINEGAR ELIXIR

This delicious drink will help boost your metabolism, improve your immune system and increase energy.

INGREDIENTS

- 2 tbsp honey
- 1 tbsp apple cider vinegar
- 8 oz cold water

INSTRUCTIONS

1. Mix honey and apple cider vinegar together in a glass.
2. Add cold water and stir to combine.
3. Drink 1 to 3 times a day before meals.



HONEY AND LEMON GREEN TEA

Curl up with a good book and a cup of this delicious, healthy tea.

INGREDIENTS

- 1 cup water
- 1 green tea bag
- 1 tbsp honey
- 1 lemon slice

INSTRUCTIONS

1. Add boiling water to cup with tea bag.
2. Allow tea to steep for 5 minutes.
3. Add lemon slice.
4. Add honey and stir.



SCRUMPTIOUS HONEY TAFFY

This single-ingredient taffy is not just for kids. Adults will love to pull and chew on this fun treat!

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INGREDIENTS

- 1 lb honey
- Coconut oil cooking spray

INSTRUCTIONS

1. Line a baking sheet with parchment paper.
2. Put honey in medium saucepan and cook uncovered over medium-low heat until it begins to boil.
3. Continue cooking until your candy thermometer registers 280°F.
4. Pour the mixture into prepared pan and spread evenly.
5. Cool for 20 minutes.
6. Spray your hands lightly with coconut oil spray.
7. Fold the honey over itself and make a ball.
8. Stretch honey into a long strand and double it back twice, pressing ends together.
9. Pull for another 5 minutes, folding honey until the color changes from dark to amber to soft tan.
10. Wrap in plastic wrap that is also coated in coconut oil spray.
11. Chill for 10 minutes.
12. Spray a knife with coconut oil and cut taffy into 4 equal pieces.
13. Roll each piece into a 12-inch log and cut each log into 6 pieces.
14. Wrap each piece in wax paper.





HONEY-INFUSED BAKED BEANS

Get ready for summer barbecues with these sweet and spicy baked beans.

Preheat oven to 350°F.

INGREDIENTS

- 4 slices nitrate-free bacon
- 1/2 cup chopped onion
- 4 1/2 cups navy beans, cooked
- 1/2 cup honey
- 1 tbsp prepared mustard
- 1 tbsp Worcestershire sauce

INSTRUCTIONS

1. Sauté bacon and onions until they are tender.
2. Combine with other ingredients in a shallow 2-quart oven-safe baking dish.
3. Cover with a lid and bake for 30 minutes.
4. Uncover and bake for another 45 minutes.



BANANA AND COCOA TOFU SMOOTHIE

This delicious smoothie will get your day started in the right direction. The tofu makes this drink smooth and the honey gives it just the right amount of sweetness.

INGREDIENTS

- 1 frozen banana
- 1/2 cup silken tofu
- 1/2 cup vanilla almond milk
- 2 tbsp cocoa powder
- 1 tbsp honey

INSTRUCTIONS

1. Add all ingredients into a blender.
2. Blend until smooth. Enjoy!



GLAZED LEMON AND HONEY CHICKEN

Not only is this chicken tender and juicy, but it is also very easy to make. It will be a big hit with the whole family!

INGREDIENTS

- 1 lb chicken breasts
- 2 tbsp butter
- 1/2 cup lemon juice
- 2 cloves garlic, minced
- 1/2 cup honey
- 1 tbsp liquid aminos
- 2 tbsp olive oil
- 1 tsp Italian spices

INSTRUCTIONS

1. In a medium size skillet, add the butter and melt it over medium-high heat.
2. Add chicken breasts. Cook for 5 minutes on each side until no longer pink inside.
3. Whisk olive oil, lemon juice, garlic, honey, soy sauce and Italian seasoning. Pour over the chicken and cook for a few minutes.



MELT-IN-YOUR-MOUTH HONEY BREAD

Pair this bread with your favorite bowl of soup or drizzle it with honey for a delicious snack.

Preheat oven to 350°F and grease a 9x5 pan.

INGREDIENTS

- 1 3/4 cups all-purpose gluten-free flour
- 6 tbsp cornstarch
- 1 tsp xanthan gum
- 1 1/2 tsp baking powder
- 3/4 tsp salt
- 1/2 tsp baking soda
- 1/2 tsp coconut crystals
- 6 tbsp coconut oil, melted
- 1/2 cup honey
- 1 tsp pure vanilla extract
- 1/2 cup milk, room temperature
- 3 tbsp plain yogurt
- 3 eggs, room temperature

INSTRUCTIONS

1. Place flour, cornstarch, xanthan gum, baking powder, baking soda, salt and sugar in a bowl.
2. Whisk to combine with a handheld whisk.
3. Create a well in the center of the dry ingredients and add coconut oil.
4. Combine using the paddle attachment.
5. Add honey, vanilla, milk, yogurt and eggs. Mix together after adding each ingredient. The batter should be smooth and pourable.
6. Transfer batter to prepared pan and shake it back and forth to smooth it into an even layer.
7. Bake in the center of the oven for 45 minutes.
8. Cover the bread loosely with aluminum foil. Bake until the top of the loaf springs back when lightly touched.
9. Cool for 20 minutes before transferring to a metal rack.





HONEY LOVE CINNAMON BUTTER

Enjoy this butter on your favorite gluten-free bread or as a fruit dip.

INGREDIENTS

- 1/4 cup soft butter
- 1/4 cup honey
- 1/4 tsp cinnamon powder
- 1 tbsp cream cheese

INSTRUCTIONS

1. Cream the ingredients together in a bowl until they are well mixed.



HONEY CARROT GINGER SOUP

This smooth and satisfying soup will tantalize your tastebuds. It has just enough ginger to give it a pleasant zip.

INGREDIENTS

- 2 cups baby carrots
- 5 cups vegetable stock
- 1/4 cup honey
- 3 garlic cloves, crushed
- Pinch of sea salt
- Pinch of black pepper
- 1 tsp ground ginger
- 1/2 cup sour cream
- Chopped parsley

INSTRUCTIONS

1. Slice carrots and put them in a saucepan with the vegetable stock, honey, garlic, salt, pepper and ginger.
2. Bring mixture to a boil, reduce heat and simmer for about 30 minutes or until the carrots are soft.
3. Puree the soup in a blender and reheat before stirring in sour cream.
4. Add chopped parsley on top to garnish before serving.



CREAMY ROASTED PEANUT SOUP WITH HONEY WHIPPED CREAM

The honey whipped cream on top of this delicious soup gives it just the right amount of sweetness.

Preheat oven to 450°F.

INGREDIENTS

- 2 heads of garlic
- 5 tbsp olive oil
- 1 1/2 cups peanuts, unsalted and dry roasted
- 2 yellow onions, sliced
- 3 celery stalks, thinly sliced (set leaves aside)
- 2 tbsp unsalted butter
- 2 quarts low-salt chicken broth
- 1 bay leaf
- 1 Yukon Gold potato, cut into 1/4-inch cubes
- 3/4 cup heavy cream, chilled and divided
- Pinch of sea salt
- 2 tbsp honey
- 1 tsp toasted sesame oil

INSTRUCTIONS

1. Slice off and discard one third from the top of each head of garlic and place on sheet of foil.
2. Drizzle with 2 tablespoons of olive oil and wrap the foil around the garlic.
3. Place on a rimmed baking sheet and roast until soft (about 45 minutes).
4. Let garlic cool and squeeze cloves into a small bowl. Pour out any oil left in foil.
5. Chop peanuts in a food processor and transfer 1/4 cup to a small bowl.
6. Continue to pulse the remaining peanuts into a smooth butter. This should take about 2 minutes and will make about 2/3 cup peanut butter.
7. Add celery, butter and reserved garlic with oil. Cook and stir often until celery is soft, about 15 minutes.
8. Add chicken broth and bay leaf. Bring to a boil.
9. Add potato and simmer until soft, about 20 minutes. Remove from heat and add bay leaf.
10. Puree soup in a blender a little at a time. Add peanut butter to the last batch.
11. Pour through a strainer and whisk in 1/4 cup of cream.
12. Whisk in remaining 1/2 cup of cream and a pinch of sea salt until soft peaks form.
13. Gradually whisk in honey and sesame oil until stiff peaks form.
14. Top with a drop of honey whipped cream.
15. Sprinkle with chopped peanuts and celery leaves.





NOODLE-FREE PAD THAI

This light and delicious dish uses raw vegetables in place of rice. This gluten-free meal can easily be made vegan as well.

INGREDIENTS

Pad Thai

- 4 medium carrots, peeled
- 1/2 lb zucchini
- 1/2 lb bean sprouts
- 4 onions, finely sliced
- 12 to 14 oz organic extra firm tofu, drained and gently squeezed
- 1 small handful of chopped cilantro leaves
- 2 tbsp sesame seeds
- 4 small wedges of lime

Sauce

- 1/2 cup peanut butter (or almond butter)
- 1/4 cup lime juice
- 2 tbsp liquid aminos
- 2 tbsp honey
- 2 tsp grated ginger
- Pinch of red pepper
- 3 tbsp water

INSTRUCTIONS

1. Use a spiralizer or peeler to create noodles out of carrots and zucchini.
2. Place noodles in a large serving bowl. Add the bean sprouts, onions, chopped cilantro and sesame seeds.
3. Slice tofu into small squares and transfer to the bowl.
4. To make the sauce, whisk together all of the ingredients until smooth and creamy.
5. Use your hands to toss the mixture and drizzle with dressing.
6. Serve with a wedge of lime.





SAVORY HONEY AND GINGER SALMON

This delicious broiled salmon has a tasty balance between honey and ginger. Serve with brown rice and a salad for a well-balanced meal.

INGREDIENTS

- 1 scallion, minced
- 2 tbsp liquid aminos
- 1 tbsp rice vinegar
- 1 tbsp honey
- 1 tsp fresh ginger, minced
- 1 lb center cut salmon fillet, skinned and cut into 4 pieces
- 1 tsp toasted sesame seeds

INSTRUCTIONS

1. Preheat broiler. Line a small baking pan with foil and coat with cooking spray.
2. Whisk scallion, liquid aminos, honey and ginger in a medium bowl until honey dissolves.
3. Place salmon in a Ziplock bag and add 3 tablespoons of sauce. Marinate in the refrigerator for 15 minutes. Set remaining sauce aside.
4. Place salmon on baking pan, skinned side down.
5. Broil 6 inches from heat source until cooked through, about 10 minutes.
6. Drizzle with remaining sauce and sesame seeds.



ROASTED HONEY VEGGIE SALAD

This salad is a meal in itself, but it also pairs nicely with poultry or fish.

Preheat oven to 425°F.

INGREDIENTS

- 1 medium yellow onion, cut into 8 wedges
- 1/2 lb yams, cut into 1-inch chunks
- 1/2 lb small red thin-skinned potatoes, cut in half
- 1 red bell pepper, cut into 1-inch chunks
- 4 tbsp extra virgin olive oil
- 1 tsp sea salt
- 1 tsp pepper
- 1/2 cup coarsely chopped walnuts
- 2 tbsp red wine vinegar
- 3 tbsp honey
- 6 oz mixed salad greens

INSTRUCTIONS

1. Toss the onion, sweet potatoes and bell pepper in a large bowl along with 3 tablespoons of oil and a 1/2 teaspoon each of salt and pepper.
2. Place vegetables on a rimmed baking sheet. Roast until they are tender, about 40 minutes. Turn halfway through the baking time.
3. About 10 minutes before they are done, sprinkle walnuts on veggies.
4. Let vegetables cool for about 5 minutes and transfer to a large bowl.
5. Whisk together 1 tablespoon oil, vinegar, honey and a 1/2 teaspoon each of salt and pepper.
6. Toss greens in a large bowl along with a quarter of the dressing.
7. Place veggies on top, then drizzle remaining dressing.





PERFECT PEACH AND HONEY POPSICLES

The creamy goodness of these popsicles will please both young and old.

Preheat oven to 350°F. Line a baking sheet with parchment paper.

INGREDIENTS

- 1 lb ripe peaches, peeled and sliced into 1/2-inch wedges
- 6 tbsp honey
- Pinch of sea salt
- 2 cups whole milk Greek yogurt
- 1 tbsp lemon juice
- 1/2 tsp pure vanilla extract

INSTRUCTIONS

1. Place sliced peaches on a baking sheet and toss with 2 tablespoons of honey and a dash of sea salt.
2. Arrange the peaches in a single layer.
3. Roast for 30 to 40 minutes, or until peaches are soft. Stir halfway through.
4. While peaches are roasting, combine the yogurt, 1/4 cup honey, lemon juice and vanilla extract in a medium bowl.
5. Put mixture in the refrigerator to keep cool.
6. After peaches are cool, gently fold them into the yogurt mixture.
7. Transfer the mixture to a popsicle mold and freeze for at least 4 hours.
8. When you are ready to eat them, run warm water around the molds to loosen popsicles.





GINGER AND HONEY PORK MEDLEY

This easy-to-make dinner is sweet and light but will satisfy even the biggest appetite.

INGREDIENTS

- 1/4 cup honey
- 2 tbsp liquid aminos
- 2 tsp tapioca starch
- 2 tsp fresh ginger, grated
- 4 garlic cloves, minced
- 2 tbsp grapeseed oil
- 1 lb pork tenderloin, cut into 1-inch pieces
- 1/2 pound green beans, trimmed and cut in half
- Brown rice

INSTRUCTIONS

1. Combine honey, liquid aminos, tapioca starch, ginger and garlic.
2. Add oil to a wok and set on high heat. When hot, add pork and stir until browned on all sides.
3. Push pork to one side of the wok and add green beans. Cook, stirring often until beans and pork are cooked through.
4. Add sauce in the pan and cook for 1 minute.
5. Serve over brown rice.





ZESTY CHICKEN WINGS

Add a little zip to your next gathering by serving these deliciously sweet, yet spicy wings.

Preheat oven to 350°F. Grease an oven-safe pan with coconut oil.

INGREDIENTS

Wings

- 2 tbsp coconut oil, plus a little for the pan
- 2 lb chicken wings, split at joints, tips removed
- 2 tbsp unsalted butter, melted
- 1 tsp crushed garlic
- Sea salt and fresh ground pepper

Sauce

- 5 tbsp unsalted butter
- 1/3 cup honey, plus some for drizzling
- 1/4 Asian chile sauce
- 1 tbsp liquid aminos
- 2 tsp fresh lime juice

INSTRUCTIONS

1. Stir sauce ingredients together in a small pan and heat for about 5 minutes on medium. Set aside.
2. Mix butter, garlic, salt and pepper together and brush on the wings.
3. Bake for 1 hour.
4. Pour on marinade and bake wings until no longer pink at the bone and juices run clear, about 90 minutes.





HONEY SPICED BISON BLACK BEAN CHILI

This new twist on an old time favorite will reignite your love of chili.

INGREDIENTS

- 1 lb bison
- 1 cup Vidalia onion, chopped
- 1/4 cup garlic, chopped
- 1/2 cup green pepper, chopped
- 1 1/2 jalapeno peppers, diced
- 3 cans black beans
- 2 cans diced tomatoes
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp thyme
- 1/2 tsp sea salt
- 1/2 tsp cinnamon
- 1/4 cup honey
- Brown rice (or cornbread)

INSTRUCTIONS

1. Crumble bison in a large pan and brown.
2. Add onion, green pepper and garlic.
3. Cook until onion is translucent, then drain oil.
4. Add tomatoes, jalapenos, beans, chili powder, cumin, thyme, salt and cinnamon.
5. Stir and simmer on low for 25 minutes.
6. Add honey and stir.
7. Serve over brown rice or cornbread.





LUSCIOUS LAVENDER AND HONEY LEMONADE

Cool off with this herbal-infused lavender delight.

INGREDIENTS

- 1/2 cup honey
- 3 sprigs fresh lavender
- 1 tbsp dried lavender buds
- 1 cup fresh lemon juice

INSTRUCTIONS

1. Mix honey, lavender and 3 cups of filtered water in a saucepan over medium heat.
2. Bring mixture to a boil and stir to dissolve the honey. Set aside to cool.
3. Cover and refrigerate.
4. Add lavender sprigs and lemon juice to a measuring cup and gently swish to release the oils.
5. Strain honey and lavender water. Mix it with lemon juice and let it set for about 15 minutes before removing sprigs.
6. Refrigerate for 30 minutes before serving.





SWEET AND STICKY SHRIMP

Even though this meal takes less than 30 minutes to make, you will feel like you are eating a gourmet dish.

INGREDIENTS

- 1/2 cup honey
- 1/4 cup liquid aminos
- 3 cloves garlic, minced
- 1 small lemon, juiced
- 1 lb large shrimp, peeled and deveined
- 2 tbsp butter
- Green onions
- Jasmine rice

INSTRUCTIONS

1. Whisk honey, liquid aminos, garlic and lemon together in a small bowl. Add half of the sauce to the shrimp and let it marinate for 30 minutes.
2. Add butter to a skillet and melt. Add shrimp and discard the marinade. Season with salt and pepper.
3. Turn to medium high and cook until shrimp are pink, about 2 minutes each side.
4. Add reserved marinade to shrimp and cook until sauce thickens.
5. Serve with green onion garnish and a side of rice.





GLAZED HONEY CARROTS

This dish is a healthy side to any meal or it can be enjoyed on its own.

INGREDIENTS

- 3 bunches carrots, peeled
- 2 tbsp unsalted butter
- 2 tbsp honey
- Pinch of sea salt
- 1 tsp ground ginger
- 1 tsp grated orange zest
- 1/2 cup fresh orange juice
- 1/2 tsp black pepper
- 1/2 tsp cinnamon

INSTRUCTIONS

1. Cut carrots diagonally into 1-inch slices.
2. Combine 1/2 cup water, butter, honey, salt and ginger in a pan and bring to a boil.
3. Add carrots and cover the pan. Simmer over medium-low heat for 5 minutes.
4. Remove the lid and cook until water is gone.
5. Add orange zest and orange juice to the pan and toss with carrots. Simmer uncovered for 5 minutes.
6. Add pepper and cinnamon, then serve warm.





TROPICAL TWIST SALAD

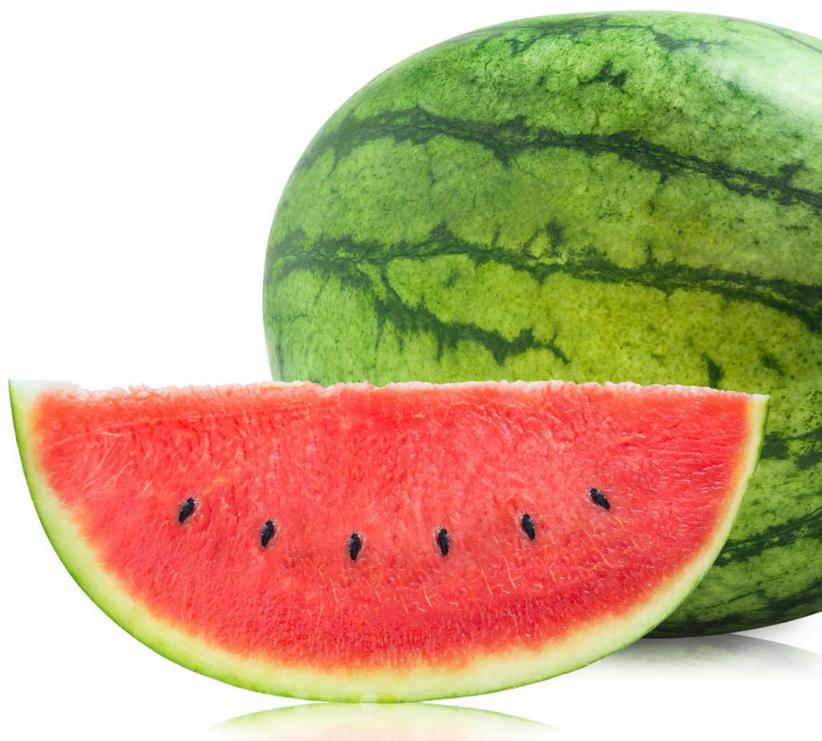
You will feel like you're on the islands without ever having to leave your home with this refreshing salad.

INGREDIENTS

- 2 cups fresh blueberries
- 2 cups fresh raspberries
- 1 mango, cubed
- 1/2 fresh pineapple, cubed
- 1/2 seedless watermelon, cubed
- 1/2 cup honey
- 1 lime, juiced
- 1 orange, juiced
- 1/2 cup sliced almonds
- 1/2 cup coconut flakes, unsweetened
- Fresh mint leaves

INSTRUCTIONS

1. Mix fruit together in a large bowl.
2. Whisk honey, lime juice and orange juice together.
3. Drizzle over fruit and lightly toss with coconut and almonds.
4. Serve chilled with mint leaves for garnish.





MEDIUM HOT HONEY MANGO SALSA

Everything tastes better, hotter and sweeter with a little honey salsa!

INGREDIENTS

- 1 large ripe mango, peeled and chopped
- 1/4 cup red bell pepper, chopped finely
- 1/4 cup red onion, chopped finely
- 2 tbsp cilantro, chopped
- 2 tbsp fresh lime juice
- 2 tbsp honey
- 1 small jalapeno pepper, seeded and minced
- 2 tbsp hot sauce

INSTRUCTIONS

1. Combine all ingredients in a large bowl.
2. Chill for about 30 minutes before serving.



HONEYED CORN

This dish will add interest and deliciousness to any summer barbecue.

INGREDIENTS

- 6 ears corn
- 1 tbsp butter
- 3 tbsp shallots, diced
- 1 tsp sea salt
- 1 tsp black pepper
- 1/4 tsp red pepper flakes
- 2 tbsp honey
- 1/2 tsp apple cider vinegar

INSTRUCTIONS

1. Cut corn off the cob and saute with butter.
2. Cook shallots until they are translucent.
3. Mix corn and shallots, then add salt and pepper. Cook until corn is tender.
4. Whisk honey, apple cider vinegar and red pepper flakes in a bowl.
5. Combine with corn and cook for a few minutes until well mixed.





GARLIC AND HONEY EGGS SUPREME

If you are looking for a new and tasty breakfast dish, this one will leave everyone wanting more.

INGREDIENTS

- 2 large eggs (double or triple if serving more than 2)
- 1 tsp honey
- Dash of garlic powder
- Pinch of nutmeg
- Pinch of cinnamon
- Pinch of allspice
- Sea salt and black pepper
- Coconut oil

INSTRUCTIONS

1. Whisk the ingredients together in bowl.
2. Cook in skillet with coconut oil until done.



SWEET AND SPICY BUTTER

This butter pairs well with gluten-free bread or even as a sweet and spicy topping for your favorite veggies.

INGREDIENTS

- 2 sticks unsalted butter, room temperature
- 2 tbsp honey
- 1 tbsp sea salt
- 1 habanero chili, seeded and finely diced
- 1 clove garlic, finely diced

INSTRUCTIONS

1. Whisk all ingredients together.
2. Chill before use.



HONEY KISSED COUSCOUS SALAD

Filling enough to be eaten as a meal, this delicious and naturally sweet salad also makes an excellent side.

INGREDIENTS

- 4 cups water
- 1 1/2 cups couscous
- 1 1/2 tbsp coconut oil
- 2 English cucumbers, peeled and diced
- 1 red pepper, diced
- 1 green onion, diced
- Sea salt and black pepper
- 1/4 cup honey
- 1/4 cup apple cider vinegar
- 1/2 cup olive oil
- 1/2 cup raisins
- 1/2 cup almonds
- Fresh baby greens

INSTRUCTIONS

1. Bring water and 1 teaspoon salt to a boil.
2. Add couscous and return to a boil. Cook for 2 minutes.
3. Remove from heat and cover. Let stand for 3 minutes.
4. Heat honey and vinegar in a small pan until warm. Whisk in olive oil and season with salt and pepper.
5. Add raisins, chopped veggies and almonds to couscous and fluff with a fork.
6. Drizzle with dressing. Serve warm or chilled over baby greens.

