

Easy Recipes with Honey!

Honey Spread

Mix:

- 1 cup honey
- 1/2 cup peanut butter
- 1/2 tsp ground cinnamon
- 1/2 cup cream cheese, at room temperature

Spread on toast, bagels and crackers or dip apple slices!



Banana Honey Wrap

- 1 flour tortilla (6 inch)
- 1 T honey
- 1 banana
- 2 T raisins
- 1 T chopped nuts, optional

Spread honey on one side of a tortilla. Sprinkle it with raisins, and chopped nuts. Place the banana at one edge of the tortilla and roll it up, and eat. You can also mix peanut butter with the honey.



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