



CHOOSE REAL,  
WITH *Honey*

Say goodbye to processed sugar & artificial sweeteners  
and hello to 100% Pure, Raw & Unfiltered Honey.

NATURE NATE'S<sup>®</sup>  
NATURAL

A close-up photograph of a beekeeper wearing a black protective veil and a blue and white checkered shirt. The beekeeper is working with a wooden beehive frame, which is covered in bees. The background is a wooden structure, possibly a beehive house, with a window showing greenery outside.

Nature Nate's honey  
is straight from the hive,  
Raw & Unfiltered –  
**just as nature intended.**

Buh-Bye processed, artificial sweeteners – Our real honey stands out thanks to its essential nutrients, antioxidants, enzymes and pure, unadulterated goodness. Nature Nate's honey is simply warmed and lightly strained before being bottled, so all the good stuff remains. We take pride in serving this to our families, and you should, too.





# HOW TO SPOT REAL HONEY

Real “pure” honey is made by bees collecting nectar from flowers. Artificial honey is made from sugar, dextrose, corn syrups, flour, artificial flavor or high fructose corn syrup.

## Indicators of real honey:

- 1) **Raw & Unfiltered** – Make sure honey is not heated, pasteurized, or ultra-filtered. These processes remove all the good stuff, like vitamins and enzymes.
- 2) **No Added Sugars** – Look at the ingredients. Real honey does not contain high fructose corn syrup.
- 3) **Crystallization** – A natural characteristic of real and pure honey developed over time.
- 4) **Tilt Test** – Real honey has a thick consistency; if honey tilts easily with the bottle’s movement, it’s likely not pure honey.
- 5) **Cheaper is definitely not better** – Real honey tends to cost more due to purity and extra care to bottle.



# CRYSTALLIZED HONEY

## THE COLD HARD FACTS

*Crystallized honey is still good!*

**CRYSTALLIZATION** – (KRIS-TL-UH-ZEY-SHUHN)

A natural process that happens to only honey straight from the hive.

Raw & Unfiltered Honey is more likely to crystallize because:

1. IT HASN'T BEEN COOKED AT HIGH TEMPERATURES 
2. THE POLLENS HAVE NOT BEEN FILTERED OUT 

— NATURE NATE'S TESTS EACH BATCH OF HONEY MULTIPLE TIMES TO ENSURE HIGH POLLEN COUNT —

HONEY BOTTLE CRYSTALLIZED?  
PLACE IT IN HOT WATER **EASY PEASY!**



**DID YOU KNOW?**

EVEN THOUGH YOUR HONEY MIGHT BE CRYSTALLIZED, YOU CAN STILL COOK WITH IT. AFTER ALL, HONEY IS AN ALL-NATURAL SUGAR SUBSTITUTE, AND CAN ADD SOME TOTAL AWESOMENESS TO YOUR FAVORITE RECIPES.



# CHOOSE REAL, WITH *Honey*

#CHOOSEREAL

## HONEY IS SWEETER

Honey is sweeter than processed sugar. You can use less for the same level of sweetness.

## HONEY IS AN ALL-NATURAL REPLACEMENT FOR PROCESSED SUGARS

1 in 10 Americans get 25% or more of their daily caloric intake from processed sugars. This excess consumption has been linked to obesity, Type 2 diabetes, and heart disease.

## HONEY CONTAINS VITAMINS & ANTIOXIDANTS

Raw honey contains several B-vitamins, vitamins A, D, E and K, as well as antioxidants. Processed sugar contains nothing by sugar.

## HONEY HAS LESS SUGAR

Raw honey has a higher water content than processed sugar. Gram for gram, it contains less sugar than processed sugar.

## HONEY IS A MONOSACCHARID

Processed sugar is a disaccharide, which yields fat synthesis. Raw honey, a monosaccharide, breaks down before fat synthesis can occur.

## HONEY HAS A LOW GLYCEMIC INDEX

Raw honey has a lower glycemic index than processed sugar, meaning energy without the crash.

# TIPS & TRICKS

*to make the switch*

---





# Making the honey switch

## BAKING



Always reduce oven temperature by 25 degrees.  
Honey browns faster than processed sugar.



Adding a bit more baking soda helps your baked goods that are a little heavier rise evenly.



If the center of a quick bread or cake is not yet done, use foil to prevent over-browning on the top.

## CONVERSIONS

1/4 cup sugar = 3 tablespoons honey

1/2 cup sugar = 1/3 cup honey, plus 1/4 teaspoon baking soda

*Decrease potential liquid by 1 tablespoon*

1 cup sugar = 3/4 cup honey, plus 1/2 teaspoon baking soda

*Decrease potential liquid by 1/8 cup (2 tablespoons)*

2 cups sugar = 1 cup honey plus 6 tablespoons,  
plus 1 teaspoon baking soda and 1/4 cup potential liquid



## *Making the honey switch*

### **SALAD DRESSINGS & BEVERAGES**



Use 1/4 less honey than you would sugar. Taste and taste again to make sure your recipe is not too sweet.



Add honey to room-temperature or slightly warm liquids when possible. Honey mixes slowly when cold.



Always whisk from the bottom to the top to incorporate honey evenly.



When possible, shake ingredients vigorously in a jar with a tight lid for even distribution.

### **CONVERSIONS**

2 cups sugar = 1 1/2 cups honey

1 cup sugar = 3/4 cup honey

1/2 cup sugar = 1/3 cup honey, or 6 tablespoons

1/4 cup sugar = 3 tablespoons honey

IT'S SIMPLE TO  
**CHOOSE REAL,**  
WITH *Honey*



**ON THE GO**

Make your morning routine a healthy one. Skip the artificial sweetener and switch to honey as a better for you way to sweeten your coffee or tea.



**HONEY MAKES IT BETTER**

Honey makes it better. Drizzle it on your morning oatmeal or yogurt for an all-natural way to add sweetness.



**COMFORT FOOD**

Ditch the processed sweeteners and choose our Raw & Unfiltered honey to bake all your delicious sweet treats. No one will know, and we won't tell.



# RECIPES

*Go Honey Go*





ON THE GO



### Bananarama Almond Smoothie

Creamy and sweet. This super-simple smoothie is high in protein and flavor; plus, it's a great way to sneak in your daily dose of apple cider vinegar!

**YIELD:** 1 serving  
**PREP TIME:** 5 minutes  
**TOTAL TIME:** 5 minutes

- 1 frozen banana
- 2-3 tablespoons almond butter
- 2-3 tablespoons Nature Nate's honey
- 2/3 cup almond milk
- 1 tablespoon apple cider vinegar

Purée in a blender until very creamy.

### Iced Chai Energy Tea

Just like a coffee-house chai, but made without sugar. And we've added protein-rich soy or nut milk, too. Delicious!

**YIELD:** 2 servings  
**PREP TIME:** 10 minutes  
**TOTAL TIME:** 10 minutes

- 2 cups water
- 2 bags black chai tea
- 2-3 tablespoons Nature Nate's honey
- 1 cup soy or unsweetened nut milk

Boil water and brew tea until strong. When still just warm, remove tea bags and stir in honey. Add milk and pour over plenty of ice.



### Honey Sweet Tea

So much tastier than processed, sugar-sweetened tea! This tea is mild, with honey flavor in every sip. It will be slightly more cloudy than sugar-sweetened tea.

**YIELD:** 8 cups  
**PREP TIME:** 10 minutes  
**TOTAL TIME:** 1+ hour (for best results)

- 8 cups water
- 4 bags favorite strong tea (such as black or oolong)
- 1/3-1/2 cup Nature Nate's honey
- 1 lemon, sliced very thin
- Mint (optional)

Boil water and brew tea until deep amber hue. While still warm, but not hot, stir in honey to taste. (Some people like really sweet tea. If that's you...go for it!) Pour into a glass jug or bottle that has a top. Add lemons slices. Chill until ready to use. Shake well before serving. Add mint if desired. Makes 8 cups.



### Super Bowl (overnight oats & ancient grains)

A super-simple overnight oats, made with ancient grains. Great for busy mornings. No toppings or heating required. Just stir, scoop and eat!

**YIELD:** 2-3 servings  
**PREP TIME:** 5 minutes  
**TOTAL TIME:** Overnight

- 1/4 cup red quinoa
- 1/4 cup flaxseed meal
- 1 cup rolled oats
- 2 cups unsweetened nut or soy milk
- 3-4 tablespoons Nature Nate's honey
- 1/2 teaspoon vanilla
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon mineral salt

Combine all ingredients and place in a covered dish overnight in the refrigerator. Stir well before serving. Can be enjoyed cold or hot\*.

If desired, serve with fresh fruit and toasted chopped walnuts or almonds.

\*Will become thicker if heated.

### Iced Mexican Coffee

Deliciously decadent. Ideal as a special treat on a hot day, or in place of ice cream for a dessert.

**YIELD:** 2 servings  
**PREP TIME:** 5 minutes  
**TOTAL TIME:** 5 minutes

- 1 cup strong coffee, chilled
- 1 cup evaporated milk (fat-free is fine)
- 1/2 cup Nature Nate's honey
- 1 tablespoon cocoa powder
- 1 teaspoon ground cinnamon
- 1 teaspoon Mexican vanilla extract
- 1/8 teaspoon cayenne pepper, optional

Combine honey, vanilla, cocoa and cinnamon (and cayenne if using). Stir well. Add milk in stages, and stir until well combined. Pour into coffee and stir well. Serve immediately over ice.



HONEY MAKES IT BETTER



### Bee's Knees Bacon Jam

This stuff is so good! Try it on corn cakes, biscuits, chicken thighs, or flank steak, stir it into potatoes or rice, or drizzled on a cracker with cream cheese. It makes almost anything better.

**YIELD:** 1 cup  
**PREP TIME:** 10 minutes  
**TOTAL TIME:** 40 minutes

- 1/2 teaspoon red pepper flakes
- 1 onion, roughly chopped
- 4 cloves garlic, chopped
- 2 tablespoons cider vinegar
- 1 pound bacon
- 1/3 cup Nature Nate's honey
- 1/2 teaspoon salt

Fry bacon until crisp. Drain. Reserve two tablespoons of rendered fat and fry the onion until translucent. Add the garlic and stir until fragrant. Stir in honey, vinegar, red pepper flakes and salt. Stir occasionally over medium heat until vinegar is reduced (about 30 minutes). Adjust seasonings to taste. Allow to cool. Combine all ingredients in a food processor and purée until very smooth. It should look like apple butter. Store in an airtight jar or any lidded container in the refrigerator. Lasts 3-4 weeks. Makes about 1 cup.

### Best Ever BBQ Sauce

This really is the best BBQ sauce we've ever tasted. Forget the bottled stuff, and give this all-natural homemade recipe a try!

**YIELD:** About 2 cups  
**PREP TIME:** 20 minutes  
**TOTAL TIME:** About 60 minutes

- 2 10-ounce cans diced tomatoes with green chilies
- 1/3 cup balsamic vinegar
- 1/2 cup Nature Nate's honey
- 3 tablespoons chili powder
- 1 teaspoon salt

Combine all ingredients in a saucepan. Stir occasionally over medium/low heat for about 20 minutes. Allow to cool. Purée in a food processor or blender until very smooth.



### Homemade Vanilla Ice Cream

Sweet and simple, this is the perfect vanilla ice cream. Rich and creamy, with the sweet caramel-kissed flavor of honey.

**YIELD:** 4 cups  
**PREP TIME:** 10 minutes  
**TOTAL TIME:** 3-4 hours

- 4 cups half-and-half, room temperature\*
- 1/2 cup Nature Nate's honey
- 2 teaspoons vanilla extract
- 1/2 teaspoon salt

Whisk honey, salt and vanilla into half-and-half until evenly mixed. Pour into an ice cream freezer and freeze according to manufacturer's instructions. Makes 4 cups.

\*The honey blends more evenly when the half-and-half is not cold.



### Sweet Potato Casserole

This is fresh and lighter than the dessert-like candied side dish.

**YIELD:** Serves 8  
**PREP TIME:** 15 minutes  
**TOTAL TIME:** 60 minutes

#### Sweet Potato Base:

- 8 medium-sized sweet potatoes, DO NOT PEEL
- 1/4 cup butter, melted
- 1/3 cup Nature Nate's honey
- 2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

#### Topping:

- 1 cup walnuts or pecans, chopped
- 1/3 cup Nature Nate's honey
- 1/4 cup butter, melted
- 1/2 cup old-fashioned oats
- 1/4 teaspoon salt
- 1 teaspoon pumpkin pie spice
- 1 teaspoon lemon zest, optional

Boil unpeeled sweet potatoes until softened, about 7-10 minutes. Drain and allow to cool. Peel off jackets (skins) with your fingers. This is so much easier than peeling in advance. Mash until creamy with remaining base ingredients. Spoon into a buttered casserole dish. Preheat oven to 375 degrees. Combine topping ingredients until evenly distributed. Spoon over the base. Bake for 30-35 minutes, until topping is golden brown and begins to bubble. Serves 8-10.

### Honey Salad Dressing

This dressing is so easy to make and is delicious on everything from the garden.

**YIELD:** 3/4 cup  
**PREP TIME:** 5 minutes  
**TOTAL TIME:** 5 minutes

- 1 cup California olive oil
- 1/3 cup white wine vinegar
- 2 tablespoons Nature Nate's honey
- 2 cloves fresh garlic
- 1/2 teaspoon salt
- 1/4 cup fresh herbs, optional
- 1/4 teaspoon freshly ground black pepper, optional

Purée all until dressing is pale yellow and fully emulsified. Refrigerate in an airtight container and shake well before using.





## Honey Brownies

Rich and chocolatey, with an incredible date-and-honey sweetened buttercream frosting, we bet these are the best brownies you'll ever eat!

**YIELD:** 16 brownies

**PREP TIME:** 10 minutes

**TOTAL TIME:** 40 minutes

- 1/2 cup cocoa powder
- 2 ounces unsweetened chocolate
- 3/4 cup Nature Nate's honey
- 1/4 cup all-purpose flour
- 1/2 cup butter
- 2 eggs
- 1 teaspoon vanilla
- 1/2 teaspoon salt

Preheat oven to 350 degrees. Lightly grease and flour an 8"x8" baking dish. Melt butter and both types of chocolate over low heat. When melted, remove from heat and whisk in honey, vanilla, salt and the eggs. Stir in flour. When well combined, spoon into the baking dish. Bake for about 15 minutes. Cool.

Note: Honey makes all baked goods softer. For a dense brownie, press the slightly cooled brownies with your palms until they are slightly "packed." Cool before icing. Makes 16 brownies.

## Honey Chocolate Icing

- 12 ounces Medjool dates
- 3 tablespoons cocoa powder
- 4-6 tablespoons butter, room temperature
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 2 tablespoons water
- 2-3 tablespoons Nature Nate's honey

In a food processor or blender, purée dates with water, cocoa powder, honey, salt and vanilla. When well combined, whip in the butter with a mixer, or by hand, until light and fluffy enough to spread. Makes about 1 1/2 cups icing.



## Chocolate Chip Cookies

Soft and sweet, these chocolate chip cookies may be better than Grandma's!

**YIELD:** 2 dozen cookies

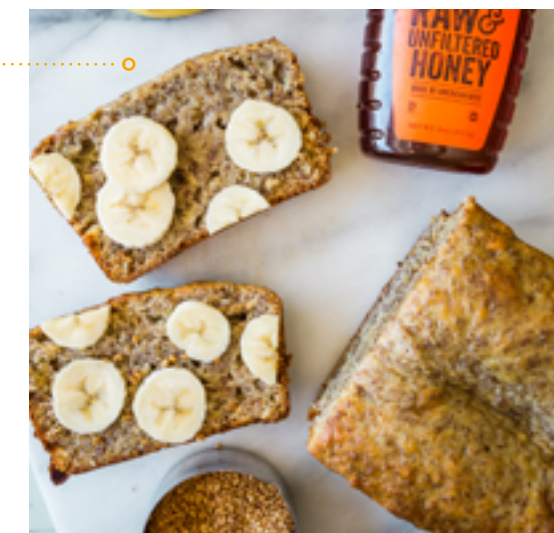
**PREP TIME:** 15 minutes

**TOTAL TIME:** About 60 minutes

- 1 cup butter, softened
- 2 eggs
- 1/2 cup Nature Nate's honey
- 3/4 cup brown sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 3 cups self-rising flour
- 2 cups semi sweet chocolate chips
- 1 cup chopped walnuts, optional

Preheat oven to 350 degrees. Cream together butter, eggs, honey, brown sugar, vanilla and salt. When well mixed, add flour. Stir until fully incorporated. Add chocolate chips and walnuts. Using a #10-size ice cream scoop (or 1/4 cup measure), spoon 2"-3" apart on a cookie sheet. Add a few extra chocolate chips to the top to decorate them. Bake 12-14 minutes. Allow to cool. Makes 2 dozen.

Note: These cookies are softer than those made with white sugar.



## Better Banana Bread

Honey-sweetened banana bread, with the addition of fiber-rich flaxseed. Absolutely our favorite soft loaf of homemade banana bread.

**YIELD:** 1 loaf

**PREP TIME:** 15 minutes

**TOTAL TIME:** 1 1/2 hours

- 1 1/2 cups very ripe bananas, mashed (the riper the better!)
- 1/2 cup canola oil
- 1 cup Nature Nate's honey
- 2 eggs, beaten
- 1 cup flaxseed meal
- 2 cups self-rising flour
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1 cup chopped walnuts or pecans, optional

Preheat oven to 325 degrees. Grease and flour an 8"x5" loaf pan. Whisk bananas, oil, eggs, honey, salt and vanilla in a large bowl. Stir in flaxseed meal. When well mixed, add flour. Stir just until flour is incorporated. Add nuts, if desired. Spoon into loaf pan and bake for about 1 hour, until cake tester comes out clean when inserted in the center. Allow to cool before turning out of loaf pan and slicing.

Note: Best when served with equal parts honey and butter with a dash of cinnamon whipped in.



## Fruit Cobbler

Looks like a pie, tastes like the best dessert ever! This simple fruit cobbler is perfect for berries, peaches and all of your summer fruit favorites. Try topping with our Honey Vanilla Ice Cream for a perfect dessert.

**YIELD:** 6 servings

**PREP TIME:** 10 minutes

**TOTAL TIME:** 60 minutes

- 6 cups berries, sliced peaches or a combination of berries and peaches
- 1 cup Nature Nate's honey
- 1/3 cup butter, melted
- 1/3 cup flour
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1 pie crust for a single-crust pie (homemade or store-bought)

Preheat oven to 400 degrees. Gently fold fruit mixture together. Spoon into a deep-dish pie pan. Cover with crust. Cut several slits in the crust. Pinch and trim edges. Bake for 35-40 minutes, until crust is deep golden and fruit begins to bubble throughout the crust. This is so good served with honey vanilla ice cream!

THANK YOU  
COME BACK SOON!

NATURENATES.COM

