

CHOOSE REAL WITH *Honey*

Favorite Recipes Edition

NATURE NATE'S
NATURAL

CHOOSE REAL WITH Honey

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At Nature Nate's Honey Co., we believe in keeping it simple and real. Our honey is 100% pure, raw and unfiltered. And whether it's a spoonful straight from the bottle or incorporated into your favorite drink or snack, honey makes it better.

Inspired by our #CHOOSEREAL mission, we gathered 30 of our favorite recipes to share with our fellow honey lovers and loyal followers. These recipes incorporate our raw & unfiltered honey as an all-natural way to sweeten your favorite drinks, snacks, main dishes and desserts.

From our Nature Nate's family to yours, enjoy!

Recipes

Drinks

HONEY LEMONADE WITH BERRY-MINT ICE CUBES	5
HONEY SWEET TEA	6-7
ICED HONEY LATTE	6-7
TURMERIC GINGER SMOOTHIE	6-7

Snacks

HONEY ALMOND BUTTER APPLE DONUTS	9
PB & HONEY BITES	10
ALL-NATURAL HONEY GUMMIES	11
TURKEY, APPLE & CHEDDAR ROLLUPS	12
HONEYED SWEET POTATO NACHOS	13
HONEY BAKED BRIE	14
HONEY PEANUT-ELLA	15
MANGO, LIME & HONEY DRESSING	16

Main Dishes

GREEN SMOOTHIE BOWL	18-19
HONEY RAINBOW CARROT SALAD	18-19
SRIRACHA HUMMUS & EGG TOAST	18-19
MERMAID TOAST	20
RAINBOW SMOOTHIE TOAST	21
HONEY LIME TACOS	22
HONEY LEMON CHICKEN WRAPS	23
SKINNY SKILLET ORANGE CHICKEN	24
GLUTEN-FREE GREEN PASTA	25
HONEY-LIME RAINBOW SHEETPAN SALMON	26
SAUSAGE KALE & HONEY CHILI	27
SWEET POTATO CASSEROLE	28

Desserts

BETTER BANANA BREAD	30
HONEY CLOUD S'MORES	31
RAW HONEY TURTLES	32
HONEY COCONUT CHIA PUDDING	33
RAW HONEY ALMOND BROWNIES	34
DAIRY-FREE, PALED FRIENDLY CHOCOLATE MOUSSE	35





Drinks



HONEY LEMONADE WITH BERRY-MINT ICE CUBES

Yields: 4 servings

Prep & Total Time 15 minutes

Ingredients

- 2 cups cold water
- 1/4 cup fresh blueberries
- 1/4 cup fresh raspberries
- 1/4 cup mint, finely chopped
- 1/3 cup Nature Nate's Raw & Unfiltered Honey
- 1 1/2 cups boiling water
- 1 cup (about 8-12 lemons) fresh-squeezed lemon juice

Directions

In a small bowl, mix 1 cup cold water, the blueberries, and half of the chopped mint together. Pour into an ice cube tray. Repeat with raspberries and remaining mint. Freeze until firm, about 6 hours.

In a large glass bowl, whisk together the honey and boiling water until the honey dissolves. Stir in the lemon juice. Place in fridge until completely cool. Serve over berry ice cubes.



HONEY SWEET TEA

Yields: 8 servings

Prep Time 10 minutes • Total Time 1+ hours

Ingredients

- 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)

Directions

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

Yields: 4 servings

Prep & Total Time 5 minutes

Ingredients

- 1 cup ice
- 3/4 cup cold-brew coffee
- 2-3 Nature Nate's Honey Packets (about 3-5 tablespoons honey)
- 3-4 tbsp half-and-half

Directions

Place ice, coffee and honey in a large glass or wide-mouthed mason jar. Secure lid and shake for one minute. Add half-and-half.

ICED HONEY LATTE



Yields: 4 servings

Prep & Total Time 5 minutes

Ingredients

- 1 (12 oz) bag frozen mango
- 1/2 cup pineapple (fresh or frozen)
- 1" piece fresh ginger, grated
- 1/4 cup Nature Nate's Raw & Unfiltered Honey
- 15 oz coconut milk (lite or full-fat)
- 2 tsp turmeric
- 1-2 cups water or pineapple juice

Directions

In a blender, combine all ingredients, adding water or juice until the smoothie is your preferred consistency.



TURMERIC GINGER SMOOTHIE

Snacks

Yields: 10-12 servings

Prep & Total Time 5 minutes

Ingredients

- 3 medium Fuji, Granny Smith or Honey Crisp apples
- 1 cup Nature Nate's Honey Almond Butter
- Sprinkles
- Mini chocolate chips
- Chopped nuts if not allergic

Directions

Core and slice apples into disks, leaving a “donut hole” in the center of each slice. This should be enough for about 10-12 slices, or donuts. Coat the top with a generous layer of Honey Almond Butter. Top with your choice of mini chocolate chips, chopped nuts or sprinkles.

HONEY ALMOND BUTTER APPLE DONUTS





PB & HONEY BITES

Yields: 4 servings

Prep Time 10 minutes

Total Time 25 minutes

Ingredients

- 3/4 cup creamy peanut butter
- 1/4 cup Nature Nate's Raw & Unfiltered Honey
- 24 waffle or twist-shaped pretzels
- 3/4 cup chocolate chips
- 1 tbsp coconut oil
- 1/2 cup sprinkles

Directions

In a small bowl, stir together peanut butter and honey. Place a dollop of this mixture on top of 12 pretzels. Press a second pretzel on top of each to create a "sandwich." Set aside.

In a microwave-safe bowl, melt chocolate chips and coconut oil in 20-second intervals, stirring in between each, until smooth.

Dip each pretzel sandwich in the melted chocolate, covering about half the pretzel in the chocolate mixture. Dip in sprinkles, then transfer to a parchment-lined baking sheet. Once all pretzels have been dipped, refrigerate until chocolate is firm (about 15 minutes). Store in an airtight container in the fridge until ready to eat.

Yields: 24 servings

Prep Time 1 hour

Total Time 4+ hours (includes 4 hours of refrigeration)

Ingredients

For the berry layer:

- 3/4 cup pureed fruit (fresh or frozen raspberries, strawberries or seedless watermelon)
- 1/3 cup fruit juice, coconut water or water
- 1 tbsp fresh lemon juice
- 1/4 cup Nature Nate's Raw & Unfiltered Honey
- 5 tbsp unflavored gelatin

For the cream layer:

- 1/3 cup coconut cream or coconut milk
- 1/4 cup water or coconut water
- 1/4 cup Nature Nate's Raw & Unfiltered Honey
- 1/2 tsp coconut extract (optional)
- 1/4 tsp finely grated fresh ginger (optional)
- 2 tbsp unflavored gelatin

Directions

To prepare berry layer: In a small saucepan over medium-low heat, whisk together pureed fruit, juice, lemon juice, Nature Nate's Raw & Unfiltered Honey and gelatin. Stir constantly, heating just until the ingredients are well-combined and the gelatin is melted and smooth. Pour into a 24-cup mini muffin tin (or silicone candy mold) that has been generously coated with nonstick coconut oil spray, filling each cup about half of the way full. Place in freezer while you prepare the next layer.

To prepare coconut cream layer: In a small saucepan over medium-low heat, whisk together coconut cream, water, Nature Nate's Raw & Unfiltered Honey, coconut extract, ginger and gelatin. Stir constantly, heating just until the ingredients are well-combined and the gelatin is melted and smooth. Pour a small amount over the berry layer. Refrigerate until firm. Remove gummies from muffin tin. Store in an airtight container in the fridge. Enjoy within 2 weeks.



ALL-NATURAL HONEY GUMMIES



TURKEY, APPLE & CHEDDAR ROLLUPS

Yields: 1 servings

Prep & Total Time 5 minutes

Ingredients

- 1 apple, finely sliced
- 1 lemon, freshly squeezed
- 1 tbsp Nature Nate's Raw & Unfiltered Honey
- 4 slices turkey
- 4 cheddar slices or string cheese sticks
- 1 green onion

Directions

In a small bowl, toss apple slices with lemon and honey. Place 3-4 apple slices in the center of a turkey slice. Add cheese. Roll turkey around cheese and apples. Tie with a sprig of green onion.

Yields: 4 servings

Prep Time 20 minutes

Total Time 40 minutes

Ingredients

- 2 large sweet potatoes (or 4 small)
- 2 tbsp coconut oil, melted
- Pinch sea salt
- 1/2 cup Nature Nate's Raw & Unfiltered Honey
- 1/2 cup bleu cheese
- 1/3 cup dried cranberries
- 1/4 cup chopped walnuts
- 1/2 tbsp fresh sage (chopped)

Directions

Preheat oven to 400 degrees. Pierce sweet potatoes with a fork. Microwave for 5-6 minutes, just until slightly tender. Cool. Remove sweet potato skins with a vegetable peeler, and slice to 1/4" thick. Place slices on a parchment-lined baking sheet, trying not to overlap the slices as much as possible. Drizzle with coconut oil, sprinkle lightly with sea salt. Bake sweet potato slices in preheated oven for 10-15 minutes, just until the bottom edges begin to brown nicely. Flip each slice over and cook an additional 10-12 minutes. Remove and cool slightly. Using a metal spatula, gently transfer the warm sweet potato slices to a serving platter. Drizzle with Nature Nate's Raw & Unfiltered Honey. Top with bleu cheese, cranberries and walnuts. Garnish with fresh-chopped sage, if desired. Serve immediately with forks & napkins to keep sticky fingers at bay.



HONEYED SWEET POTATO NACHOS



HONEY BAKED BRIE

Yields: 8 servings

Prep & Total Time 20 minutes

Ingredients

- 1 round brie
- 1 cup sliced almonds
- 3/4 cup Nature Nate's Raw & Unfiltered Honey
- Crackers or crostini
- Fresh fruits, including grapes, sliced pears or apples
- Rosemary and sage sprigs
- Fresh cranberries, for garnish

Directions

Heat oven to 425 degrees. Place brie on a parchment-lined baking sheet. Top with sliced almonds, drizzle with 1/2 cup honey. Bake for 8-12 minutes, watching brie closely to ensure it doesn't begin melting out of its rind. Transfer warmed brie to a serving platter. Garnish with fresh cranberries. Serve immediately with crackers or French bread, and fruit.

Yields: 1 cup

Prep & Total Time 5 minutes

Ingredients

- 1/2 cup Nature Nate's Raw & Unfiltered Honey
- 2 tbsp cocoa powder
- 1/2 cup creamy peanut butter
- 1/4 cup instant milk powder
- 1 tbsp vegetable oil
- 1 tbsp milk

Directions

Combine all in blender, or whisk vigorously in a bowl, until very creamy and well combined.

HONEY PEANUT-ELLA





MANGO, LIME & HONEY DRESSING

Yields: about 16 servings

Prep & Total Time 10 minutes

Ingredients

- 1/2 lime (peel and all)
- 1/3 cup Nature Nate's Raw & Unfiltered Honey
- 1/3 cup olive oil
- 1/3 cup rice wine vinegar
- 1 cup cubed mango
- 1/2 tsp salt
- 2 cloves garlic
- 1/4 cup orange juice

Directions

Puree all ingredients until very smooth. Serve over green salads. Makes about 2 cups.

Main Dishes



GREEN SMOOTHIE BOWL

Yields: 4 servings

Prep Time 10 minutes • Total Time 20 minutes

Ingredients

- 2 pounds multi-colored carrots, peeled, trimmed and sliced very thin
- 1/2 cup mint, chopped
- 1/3 cup Nature Nate's Raw & Unfiltered Honey
- 1/4 cup olive oil
- 1/4 cup cider vinegar
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tsp Sriracha sauce

Directions

Lightly steam carrots until they are slightly tender. Cool completely. Whisk together all remaining ingredients until well combined. Toss honey mixture with carrots. Chill until ready to serve.

Yields: 4 servings

Prep & Total Time 5 minutes

Ingredients

- 1 1/2 cups frozen mango
- 3 cups kale
- 2 tbsp Nature Nate's Raw & Unfiltered Honey
- 1 inch piece fresh ginger, peeled
- 1/2-3/4 cup coconut water
- 1 cup assorted berries and fruits
- 2 tbsp chopped pistachios
- 1 tbsp chia seed or golden flaxseed

Directions

In a high-speed blender, puree mango, kale, honey and ginger together. Add just enough coconut water to make the smoothie thick but spoonable. Pour into a bowl. Top with berries, pistachios and chia or flaxseed.



HONEY RAINBOW CARROT SALAD

Yields: 4 servings

Total Time 5 minutes

Ingredients

- 1/4 cup Sriracha hummus
- 2 slices crusty French bread, toasted
- 1/2 avocado, pitted, halved and skin removed
- 1 boiled egg, halved
- 1 tbsp roughly chopped cilantro
- Crushed red pepper flakes, to taste
- 1 tbsp Nature Nate's Raw & Unfiltered Honey
- 1 tsp lime juice

Directions

Divide hummus between the toasted bread slices, and top each with half an avocado and egg. Garnish with cilantro and pepper flakes. Whisk together honey and lime juice, and drizzle over toasts.



SRIRACHA HUMMUS & EGG TOAST



MERMAID TOAST

Yields: 6 servings

Total Time 10 minutes

Ingredients

- 1 stick (1/2 cup) butter or coconut oil, softened
- 6 tbsp Nature Nate's Raw & Unfiltered Honey
- 6 slices toasted gluten-free bread, cooled
- Pearl dust* (in a variety of colors)
- Golden star sprinkles*

**Can be found in the cake-decor section of most craft stores.*

Directions

In a small bowl, whisk together honey with butter or coconut oil until smooth and fluffy. Spread on toast. Sprinkle toast with pearl dust. Spread and swirl with a knife, to create a shimmery rainbow look. Decorate with golden star sprinkles or fruit, if desired.

Whole food option:

Cut mango slices into stars with a mini cookie cutter. Decorate toast with mango stars, fresh berries and other favorite fruits. Kiwi, starfruit and dragon fruit are some of ours!

Yields: 2-4 servings

Total Time 5 minutes

Ingredients

- 1/2 cup plain Greek yogurt
- 3 slices crusty French bread, toasted and halved
- 1/4 cup golden raspberries
- 1/4 cup fresh blueberries
- 1/4 cup thinly sliced strawberries
- 1/4 cup blackberries
- 1/4 kiwi, thinly sliced
- 1/2 peach, thinly sliced
- 2 tbsp Nature Nate's Raw & Unfiltered Honey
- 4 sprigs fresh mint
- 1/4 cup edible flowers (optional)

Directions

Divide yogurt between bread slices. Top each with fruit, and drizzle with fresh honey. Top with mint and flowers.

RAINBOW SMOOTHIE TOAST





HONEY LIME TACOS

Yields: 4-6 servings

Prep & Total Time 10 minutes

Ingredients

- 1 bag coleslaw
- 2-4 limes, freshly squeezed and zested
- 1/4 cup Nature Nate's Raw & Unfiltered Honey
- Salt and pepper, to taste
- 1 rotisserie chicken
- 12 corn tortillas, warmed

Directions

In a large bowl, mix together coleslaw, lime juice and zest, honey, salt and pepper. Shred rotisserie chicken. Serve chicken on corn tortillas and top with honey slaw.

Flavor Add-Ins

This simple recipe is easy to upgrade. Serve it with:

- Hard or soft tacos
- A drizzle of coconut oil, sesame oil or soy sauce
- Fresh diced tomatoes, onions and/or sour cream
- A dollop of guacamole or avocado wedges
- A garnish of fresh chopped cilantro

Yields: 2 servings

Prep Time 10 minutes

Total Time 20 minutes

Ingredients

- 1 tbsp coconut oil
- 2 cloves garlic, finely chopped
- 2 chicken breasts, finely diced
- 2 tbsp soy sauce
- 1 lemon, juiced and zested
- 3 tbsp Nature Nate's Raw & Unfiltered Honey
- 1/2 tsp poppy seeds
- 6 butter lettuce leaves
- 1 cup julienned carrots
- 1/4 cup microgreens or cilantro

Directions

In a large skillet over medium-high heat, melt coconut oil. Add garlic and cook until aromatic, about 30-45 seconds. Add diced chicken and soy sauce to the pan, sautéing until chicken is barely pink. Add lemon zest and honey. Turn heat to medium and cook until honey is caramelized. Toss in poppy seeds.

Serve in lettuce leaves. Top with julienned carrots and a fresh squeeze of lemon juice. Garnish with microgreens or cilantro.



HONEY LEMON CHICKEN WRAPS



SKINNY SKILLET ORANGE CHICKEN

Yields: 6 servings

Prep Time 10 minutes

Total Time 30 minutes

Ingredients

- 1 tbsp coconut oil
- 1.5 lb boneless, skinless chicken breasts, diced
- 1/4 cup soy sauce
- 1 tbsp cornstarch
- 3 tbsp apple cider vinegar
- 2 tbsp chili garlic sauce*
- Zest of 1 orange
- 1/2 cup orange juice
- 1/2 cup Nature Nate's Raw & Unfiltered Honey
- 3 cups rice or 3 packs ramen, cooked
- 1/3 cup green onions, diced
- 1 tbsp sesame seeds

**You'll find chili garlic sauce in the Asian section of most grocers.*

Directions

Cook rice or ramen according to package directions. In a nonstick skillet, melt coconut oil over medium-high heat. Add chicken breast, cook until golden and cooked through. In a small bowl, whisk together soy sauce, cornstarch, vinegar, chili garlic sauce, orange zest and juice and raw honey. Pour mixture over chicken in skillet. Cook just until mixture begins to thicken. Serve over rice or ramen. Garnish with green onions and sesame seeds.

Yields: 6 servings

Prep Time 5 minutes

Total Time 20 minutes

Ingredients

For the Pesto:

- 1 bunch fresh dandelion greens (about 4 cups)
- 1 cup walnuts
- 1 cup grated parmesan cheese
- 8 cloves garlic
- 2 tbsp Nature Nate's Raw & Unfiltered Honey
- 1 cup olive oil
- 1 tsp salt
- 1 tbsp anchovy paste, optional

For the Pasta:

- 4 ears corn
- 16 oz gluten-free linguine, cooked to al dente
- 1 pint cherry tomatoes, halved
- 3 rounds of burrata cheese
- Salt and pepper to taste

Directions

For the pesto:

Puree all ingredients in a food processor or blender until well combined

For the pasta:

Grill corn until charred, allow to cool slightly, then cut kernels from the ear of the corn. Cook pasta according to packaging directions (al dente). Drain cooked pasta. Toss cooked pasta with pesto. Top with tomatoes, corn and a slice of burrata. Salt and pepper to taste. Serve immediately.



GLUTEN-FREE GREEN PASTA



HONEY-LIME RAINBOW SHEETPAN SALMON

Yields: 4-6 servings

Prep Time 20 minutes

Total Time 40 minutes

Ingredients

- 4-6 salmon filets
- 1/2 red pepper, sliced
- 1/2 cup julienned carrots
- 1/2 yellow pepper, sliced
- 1/2 zucchini, sliced
- 1 small bunch asparagus, cut into 3" pieces
- 1/2 purple onion, sliced
- 1/2 cup Nature Nate's Raw & Unfiltered Honey
- 1 tbsp sesame oil or melted coconut oil
- 2 limes, juiced and zested
- Salt and pepper to taste
- Parsley for garnish *(optional)*

Directions

Heat oven to 400 degrees. On a parchment-lined baking sheet, line salmon filets down one side. Arrange red pepper, carrots, yellow pepper, zucchini, asparagus and onion in a row down the other side of the baking sheet. Whisk together honey, oil, lime juice and zest. Drizzle over salmon and veggies. Salt and pepper generously and garnish with parsley. Bake for 15-20 minutes, or until salmon begins to flake.

Ingredients

- 1 pound ground turkey
- 1 pound Italian sausage
- 1 tsp red pepper flakes
- 1/2 each red, green and yellow peppers
- 1 large jalapeño pepper
- 3 cloves garlic
- 1 medium onion
- 1 tbsp olive oil
- 1 pound kale, chopped
- 2 15-ounce cans fire roasted tomatoes
- 1 15-ounce can cannellini beans
- 1 15-ounce can pinto beans
- 1 15-ounce can red kidney beans
- 3 cups vegetable or chicken stock
- 1/3 cup Nature Nate's Raw & Unfiltered Honey
- 3 tbsp chili powder
- 1 tbsp cumin powder
- 1 tbsp fennel seeds
- 1 tbsp dried oregano
- 1 teaspoon sea salt
- 3 tbsp cornmeal

Yields: 8-10 servings

Prep Time 15 minutes

Total Time 30 minutes

Directions

Brown the sausage and the turkey. Finely chop the peppers, onion and garlic. In a soup kettle, heat the olive oil and stir in the chopped vegetables. Stir over medium heat until softened. Add meats and all remaining ingredients. Stir over medium high heat until heated through.

Note: Try this over nachos or garlic toast. Serve it hot with cornbread or biscuits.

SAUSAGE KALE & HONEY CHILI





SWEET POTATO CASSEROLE

Yields: 8-10 servings

Prep Time 15 minutes

Total Time 50-55 minutes

Ingredients

Sweet Potato Base:

- 8 medium-size sweet potatoes, DO NOT PEEL
- 1/4 cup butter, melted
- 1/3 cup Nature Nate's Honey
- 2 tsp pumpkin pie spice
- 1 tsp vanilla extract
- 1/2 tsp 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 tsp salt
- 1 tsp pumpkin pie spice
- 1 tsp lemon zest (optional)

Directions

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. Preheat oven to 375 degrees. Mash until creamy with remaining base ingredients. Spoon into a buttered casserole dish. Combine topping ingredients until evenly distributed. Spoon over the base. Bake for 30-35 minutes, until topping is golden brown and begins to bubble.

Desserts





BETTER BANANA BREAD

Yields: 1 loaf

Prep Time 15 minutes

Total Time 1+ hour

Ingredients

- 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 tsp salt
- 1 tsp vanilla
- 1 cup chopped walnuts or pecans (optional)

Directions

Preheat oven to 325 degrees. Grease and flour an 8×5-inch 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, or until a cake tester comes out clean when inserted in the center. Allow to cool before removing loaf from pan and slicing.

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

Yields: 12 servings

Prep Time 15 minutes
(plus several hours in refrigerator to set)

Total Time to assemble 5 minutes

Ingredients

- 4 1/4-ounce packets unflavored gelatin
- 1 1/2 cups sugar
- 1 cup Nature Nate's Raw & Unfiltered Honey
- 1 cup cold water
- 1/4 tsp salt
- 1 tsp vanilla
- 1/2 cup cornstarch
- 24 whole honey graham crackers
- 12 chocolate bars

Directions

For Honey Clouds:

Combine 1/2 cup cold water with gelatin in the bowl of a stand-up mixer. Set aside. In a medium saucepan, combine remaining water, sugar and honey. Bring to a boil and stir occasionally until syrup reaches 240 degrees on a candy thermometer. Pour hot liquid into the gelatin mixture while mixer is on a low setting. When combined, mix on "high" for 12-15 minutes until lukewarm and very fluffy. Add flavoring, salt and food coloring if desired.

For chocolate honey clouds, add 1/2 cup cocoa. For chocolate chip honey clouds, add 1 1/2 cups miniature chocolate chips.

Coat a 9×13-inch pan with cornstarch. With a spatula, scoop sticky "honey fluff" into the prepared pan. Coat the top with remaining cornstarch and pat into corners until even. Allow to set for several hours. Cut into squares with a knife that has been coated in cornstarch. Store in plastic bags. Makes about 2 dozen.

For S'mores:

Roast Honey Clouds over embers. Place warm Honey Clouds on top of chocolate bars and honey grahams. Cover with a second honey graham and eat immediately!



HONEY CLOUD S'MORES



RAW HONEY TURTLES

Yields: 6 servings

Prep Time 15 minutes

Total Time 25 minutes

Ingredients

- 1/2 cup raw cashew butter
- 1/4 cup Nature Nate's Raw & Unfiltered Honey
- 1 1/2 cups vegan or grain-sweetened chocolate chips, melted
- 1/2 cup raw pecan halves

Directions

In a large bowl, stir together cashew butter and honey. Add a pinch of sea salt, if desired. Melt chocolate chips in the microwave or double boiler. Line a standard-size muffin tin with silicone or parchment baking cups. Spoon a small amount of melted chocolate into the bottom of each cup. Allow to cool slightly. Top with cashew butter caramel. Sprinkle with several pecans. Top with more melted chocolate. Press 1-2 pecans into the top of each turtle. Refrigerate until ready to serve.

Yields: 3-4 servings

Prep Time 5 minutes

Total Time 4 hours
(refrigeration time)

Ingredients

- 13.5 oz can unsweetened coconut milk
- 1/3 cup black chia seeds
- 1/3 cup Nature Nate's Raw & Unfiltered Honey
- 1/4 tsp salt
- 1/2 tsp vanilla
- 1/3 cup toasted coconut
- 1/2 cup whipped cream (optional)

Directions

Combine coconut milk, chia seeds, honey, salt and vanilla in a medium-sized bowl. Cover and refrigerate for at least 4 hours. Stir and serve with toasted coconut and, if desired, whipped cream.

HONEY COCONUT CHIA PUDDING





RAW HONEY ALMOND BROWNIES

Yields: 16 servings

Prep Time 10 minutes

Total Time 30 minutes

Ingredients

Raw Honey Almond Brownies:

- 1 cup whole pitted dates
- 1/4 cup water
- 1/2 cup coconut oil
- 1/3 cup Nature Nate's Raw & Unfiltered Honey
- 1 cup raw almonds
- 3 tbsp cacao powder
- 1 tsp pure almond extract
- Whole raw almonds, to garnish

Raw Chocolate Icing:

- 1 cup whole pitted dates
- 1/3 coconut oil
- 2 tbsp cacao powder
- 1/3 cup Nature Nate's Raw & Unfiltered Honey
- 1 tsp pure vanilla extract
- 3-4 tbsp water
- Pinch of mineral salt

Directions

Raw Honey Almond Brownies:

Add all ingredients, except whole almonds, into a food processor and pulse until smooth. Press brownie mixture into an 8x8" dish. Refrigerate.

Raw Chocolate Icing:

Process all icing ingredients until very creamy. Add more or less water to achieve desired consistency. Spread evenly over brownies. Garnish with almonds. Refrigerate until serving.

Yields: 6-8 servings

Prep Time 5 minutes

Total Time 10 minutes
(plus refrigeration time)

Ingredients

- 4 very ripe avocados, peeled and pitted
- 1/2 cup Nature Nate's Raw & Unfiltered Honey
- 2/3 cup cocoa powder
- 1/2 cup coconut milk
- 1 tbsp vanilla
- 1/4 tsp sea salt
- Fresh mint leaves (optional garnish)

Directions

In a blender or food processor, combine all ingredients, pulsing until light and fluffy. If desired, top with fresh fruit or berries. Garnish with mint leaves, if desired. Refrigerate until serving.



DAIRY-FREE, PALEO FRIENDLY CHOCOLATE MOUSSE

THANK YOU
COME BACK SOON!

NATURENATES.COM



Thy Word is sweeter than honey. Ps. 119:103