

# CHOOSING REAL FOODS

*Help Nate search for the real, natural foods.*

Words can be up, down, horizontal, and diagonal.

S	B	D	G	Q	Q	A	A	U	T
H	A	X	G	D	M	P	M	F	I
Q	N	Y	R	H	U	P	N	L	E
V	A	P	A	I	Z	L	D	L	H
X	N	H	P	E	Q	E	G	N	O
W	A	T	E	R	M	E	L	O	N
W	N	T	S	T	A	L	Y	C	E
L	O	R	A	N	G	E	R	E	A
C	H	O	O	S	E	R	E	A	L
M	U	B	W	G	Q	C	D	T	U

- ☐ WATERMELON
- ☐ BANANA
- ☐ CHOOSE REAL
- ☐ GRAPES
- ☐ ORANGE
- ☐ HONEY
- ☐ APPLE

*Let's color the real, natural foods.*



## FUN FACT!

DID YOU KNOW 100% PURE, RAW & UNFILTERED HONEY IS A REAL, NATURAL FOOD THAT CONTAINS A VARIETY OF NUTRIENTS?

## QUICK SNACKS!



### HONEY FRUITSICLES

#### Ingredients:

- 1 cup water
- 1/3 cup Nature Nate's 100% Pure Honey
- 2 cups fresh fruit (peaches, blackberries, strawberries, mango)
- Pinch of lemon zest
- Pinch of salt

#### Directions:

Puree ingredients and pour into popsicle molds or paper cups. Place in freezer. When partially firm, place craft sticks in the center. Freeze until very firm. Makes 6.



### ANTS ON A LOG

#### Ingredients:

- 3 tbsp mascarpone or cream cheese, softened
- 1 tbsp Nature Nate's 100% Pure Honey
- 2 stalks celery (cut into 3" pieces)
- 2 tbsp pomegranate arils or dried cranberries

#### Directions:

In a small bowl, stir together mascarpone and honey. Spread into the center of each celery piece. Top with pomegranate arils. Makes 6.

