



Choose Real THIS HOLIDAY SEASON

Holiday hosting has never been easier! These creative hacks will show you how to ditch the processed sugar and use nature's treat of 100% Pure, Raw & Unfiltered Honey to make your menu complete.









HONEY YOGURT BOWL PREP TIME: 5 MINS | TOTAL TIME: 5 MINS | MAKES: 1 INGREDIENTS:

- 1 container yogurt
- 1-2 tbsp Nature Nate's Raw & Unfiltered Honey
- 1 tbsp peanut powder
- 1 tbsp coconut chips
- 1 tbsp peanuts
- 1 tbsp cacao nibs

DIRECTIONS:

Place all ingredients in a bowl and mix until combined. Top with Nature Nate's Raw & Unfiltered Honey.









SWEET POTATO HONEY TOAST PREP TIME: 5 MINS | TOTAL TIME: 10 MINS | MAKES: 4 INGREDIENTS:

- 1 sweet potato
- 4 tbsp Nature Nate's Raw & Unfiltered Honey
- Fresh fruit
- Nut butter
- Brie, feta or blue cheese
- Pisatchios or walnuts
- Yogurt
- Avocado
- Berries
- Strawberries
- Red Pepper Flakes

DIRECTIONS:

If desired, peel sweet potato. Slice vertically into four 1/4-inch-thick slices, discard the ends. Turn toaster to high and put slices in toaster. Toast twice, or until sweet potato is tender and slightly browned. Top with your favorite toppings. A few of our favorites:

- Honey + Nut Butter + Blueberries
- Honey + Mashed Avocado + Red Pepper Flakes
- Honey + Brie + Pistachios
- Honey + Yogurt + Berries
- Honey + Feta or Blue Cheese + Strawberries + Walnuts





COOKIE DOUGH ENERGY BITES PREP TIME: 10 MINS | TOTAL TIME: 10 MINS | MAKES: 8 INGREDIENTS:

- 3/4 cup almond butter
- 1/4 cup Nature Nate's Raw & Unfiltered Honey
- 1 scoop vanilla protein powder
- 2 tbsp quick oats (+ 2 tbsp for coating)
- 1/4 cup chocolate chips

DIRECTIONS:

Mix all ingredients together. Roll into balls, coat in oats. Eat immediately or refrigerate for a later time.







BACON WRAPPED BITES PREP TIME: 15 MINS | TOTAL TIME: 40 MINS | MAKES: 12

INGREDIENTS:

- 12 slices bacon, cut in half
- 1/2 cup Nature Nate's Raw & Unfiltered Honey
- Pepper or Asian Five Spice
- 1 sweet potato
- Shrimp
- Brussels sprouts
- Apricots
- Goat cheese
- Chicken
- Sesame seeds

DIRECTIONS:

Wrap sweet potato cubes with halved bacon slices. Place on parchment-lined baking sheet. Drizzle with 1/4 cup honey, sprinkle with pepper or sprinkle with spice. Bake in an oven heated to 425°F for 18-25 minutes, or until tender. Allow to cool slightly before serving. Serve with honey for dipping.

Flavor Variations

Bacon wrap these other delicious flavors for some tasty options:

- 1 cup shrimp, raw, deveined & peeled
- 12 brussels sprouts, halved
- 24 apricots, pitted & stuffed with goat cheese
- 1 chicken breast, diced (garnish with sesame seeds)





CHEESE BOARD 101 PREP TIME: 10 MINS | TOTAL TIME: 10 MINS | MAKES: 1 BOARD

Thinking about having a cheese board at your next gathering? Whether it's appetizers for a large party or the primary food at an intimate evening with friends, a cheese board is always a great idea. Here's how:

Pick Your Cheeses: You don't need to be a cheese expert to pick the right assortment of cheeses for your cheese board. The most important thing is selecting a variety so you have a good mix of textures and flavors. A safe start is a hard cheddar, and then add in variety in color and texture with cow, goat or sheep cheese.

Choose Your Bread + Crackers: The next essential is determining what you are going to eat the cheese on. Pick up one or two types of crackers and then sliced French bread or crostini. You could also try pretzel crisps for a less formal event or grill some sliced baguettes.

Nuts: Pecans, almonds, walnuts, pistachios and macadamia nuts all work well with various cheese pairings.

Fruit: Fresh or dried, fruits add an element of sweet to an otherwise savory spread.

Charcuterie: Choose a variety of cured meats and salami. If you don't know where to start, sweet soppressata, salami and prosciutto are popular picks.

Raw & Unfiltered Honey: My favorite cheese boards always have honey! Serve it in a small bowl with a honeycomb server or just place the jar on the table for easy use. Grab a raw honey, like Nature Nate's, so you know you're getting no fillers or additives and honey coming from bees that have not been around pesticides, herbicides or antibiotics.





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BAKED HONEY PEARS PREP TIME: 5 MINS | TOTAL TIME: 40 MINS | MAKES: 6

INGREDIENTS:

- 3 pears
- 3/4 cup Nature Nate's Raw & Unfiltered Honey
- 1/4 tsp sea salt
- 1/4 tsp cardamom or nutmeg
- 1/4 cup chopped pistachios, pecans or sliced almonds
- 1 pint fresh whipped cream or vanilla bean ice cream (optional)

DIRECTIONS:

Heat oven to 425°F. Slice pears in half, scoop out the center seeds. Arrange face-up on a parchment-lined baking sheet. Drizzle with half the honey. Bake for 15 minutes. Sprinkle with a pinch of sea salt, cardamom and nuts. Drizzle with remaining honey. Return to oven for 5-10 minutes more, until the edges of the pears begin to turn light golden brown. If desired, serve with a dollop of whipped cream or scoop of ice cream and drizzle with more honey.







SRIRACHA HONEY SLIDERS PREP TIME: 10 MINS | TOTAL TIME: 10 MINS | MAKES: 4-6 INGREDIENTS:

- 1 rotisserie chicken
- 1/2 cup Nature Nate's Raw & Unfiltered Honey
- 1/3 cup Sriracha
- 1 package rolls
- 1 bunch cilantro

DIRECTIONS:

Shred chicken, place in a large bowl. Add honey and Sriracha. Toss to coat chicken. Serve chicken between rolls, with a mound of cilantro on top.

Flavor Variations

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

- Twice the sauce. Double or tweak the Sriracha-honey combo to your liking.
- A clove of fresh-chopped garlic for added flavor.
- Chopped carrots, cucumbers and peanuts.





HONEY LIME VINAIGRETTE PREP TIME: 5 MINS | TOTAL TIME: 5 MINS | MAKES: 1 BOTTLE

- INGREDIENTS:
 - 1/4 cup olive oil
 - Zest of 1 lime
 - Juice of 3 limes
 - 1-2 tbsp Nature Nate's Raw & Unfiltered Honey
 - 1 garlic clove, minced
 - Pinch of salt & pepper

DIRECTIONS:

Place all ingredients in a jar and shake until completely blended. Store in fridge.









PUMPKIN BUTTERNUT & APPLE CROCKPOT SOUP

PREP TIME: 10 MINS | TOTAL TIME: 2.5 HRS | MAKES: 8 CUPS **INGREDIENTS:**

- 2 cups pumpkin puree
- 2 cups chicken stock
- 2 cups sweet potatoes, cubed (10-ounces frozen)
- 1 medium apple, cored & coarsely chopped
- 2 tbsp butter
- 1 medium onion, coarsely chopped
- 4 tbsp Nature Nate's Raw & Unfiltered Honey
- 1/2 tsp freshly ground black pepper
- 1/4 tsp red pepper flakes
- 1tsp salt
- 4 oz cream cheese

DIRECTIONS:

Sauté the onion in the butter. Add to the crockpot all but the cream cheese. Cook on high setting for 2 1/2-3 hours, until all vegetables are very soft. Puree in food processor or blender in batches with the cream cheese. Serve warm or chilled.







HONEY LIME TACOS PREP TIME: 10 MINS | TOTAL TIME: 10 MINS | MAKES: 4-6 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, with honey slaw on top.

Flavor Add-Ins

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

- A drizzle of sesame oil
- 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





SWEET POTATO CASSEROLE PREP TIME: 15 MINS | TOTAL TIME: 60 MINS | SERVES: 8-10 INGREDIENTS:

Sweet Potato Base

- 8 medium-sized sweet potatoes, do not peel
- 1/4 cup butter, melted
- 1/3 cup Nature Nate's Raw & Unfiltered 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 Raw & Unfiltered 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 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°F. Combine topping ingredients until evenly distributed. Spoon over the base. Bake for 30-35 minutes, until topping is golden brown and begins to bubble.





BAKED CHICKEN & GRAPES PREP TIME: 10 MINS | TOTAL TIME: 60 MINS | SERVES: 6

INGREDIENTS:

- 6 chicken thighs, skin on
- 3/4 cup Nature Nate's Raw & Unfiltered Honey
- 1 large bunch purple grapes
- 4 cloves garlic, chopped
- 4 sprigs fresh rosemary
- Salt & pepper to taste

DIRECTIONS:

Arrange chicken thighs and grapes in a single layer on a large baking sheet or in a 9"x13" baking pan. Drizzle with 1/2 cup of honey. Sprinkle with chopped garlic and rosemary. Salt and pepper generously. Bake at 400°F for 40-45 minutes, or until chicken is golden brown and cooked through. Drizzle with remaining honey. Garnish with additional sprigs of fresh rosemary, if desired.







CARROT CAKE CUPCAKES WITH HONEY CREAM CHEESE FROSTING PREP TIME: 10 MINS | TOTAL TIME: 35 MINS | MAKES: 6 **INGREDIENTS:**

Cupcakes

- 1 1/4 cups all-purpose flour 1/4 cup granulated sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tsp pumpkin pie spice
- 1/4 tsp Kosher salt
- 1/2 cup dark brown sugar

Frosting

- 18-ounce package cream cheese
- 1/3 cup sour cream
- 1/2 cup confectioners' sugar • 2 tbsp Nature Nate's Raw & Unfiltered Honey

- 2 large eggs
- 1/2 cup canola oil
- 2 cups carrots, peeled & grated
- 1/2 cup golden raisins
- 1/2 cup walnuts

DIRECTIONS:

Preheat oven to 325°F. Fill muffin tin with muffin liners. Grab a medium bowl and whisk together the flour, baking powder, baking soda, pumpkin pie spice and salt. Grab a large bowl and whisk together the sugars, eggs and oil. Add the flour mixture to the egg mixture. Fold in the carrots, raisins and walnuts. Use an ice cream scooper to scoop the batter into the muffin cups. Bake for 25 minutes or until a toothpick inserted in the center comes out clean. Remove from the oven and transfer to a wire rack to allow the cupcakes to cool. Make the frosting by beating together the cream cheese and sour cream. Add the sugar and honey and beat until smooth. Chill until ready to use. Top the completely cooled cupcakes with the frosting.





JEN TILLEY @howtosimplify



PB & HONEY BITES PREP TIME: 10 MINS | TOTAL TIME: 10 MINS | MAKES: 12 INGREDIENTS:

- 3/4 cup creamy peanut butter
- 1/4 cup Nature Nate's Raw & Unfiltered Honey
- 24 waffle 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.





GLUTEN-FREE CACAO NIB HONEY BROWNIES PREP TIME: 10 MINS | TOTAL TIME: 35 MINS | MAKES: 12

INGREDIENTS:

- 3/4 cup butter
- 4 1-ounce squares unsweetened chocolate
- 3/4 cup Nature Nate's Raw & Unfiltered Honey
- 2 eggs, beaten
- 2/3 cup oat flour
- 1/2 tsp salt
- 1/2 cup raw cacao nibs
- 1/2 cup chopped nuts or semisweet chocolate chips (optional)

DIRECTIONS:

Preheat oven to 350°F. Coat an 8"x8" baking dish with cooking spray and a dusting of flour. Melt butter and chocolate in a medium saucepan over very low heat, stirring constantly. Remove from heat. Stir in honey, eggs, flour and salt until well combined. Add cocoa nibs (and nuts or semisweet chips, if using). Bake for 25-27 minutes. Cool slightly, and press the entire surface of the brownies with the heel of your hand. This will make them more dense. Cut into 12 squares.







HONEY PUMPKIN SPICE LATTE PREP TIME: 10 MINS | TOTAL TIME: 10 MINS | MAKES: 2 INGREDIENTS:

- 1/3 cup pumpkin puree
- 1/3 cup + 1 tbsp Nature Nate's Raw & Unfiltered Honey
- 1 tsp pumpkin pie spice
- 1 tbsp vanilla
- 1/2 tsp pure almond extract
- 1 1/4 cups cold brew coffee
- 3/4 cup almond or coconut milk
- 1 cup nondairy whipped cream
- 1 tbsp coconut sugar (optional)

DIRECTIONS:

In a saucepan, heat pumpkin and 1/3 cup honey together, whisking constantly, until mixture begins to boil. Whisk in spice, vanilla, almond extract, coffee and almond milk. Heat until steaming. Top with whipped cream, drizzle with honey. Sprinkle with coconut sugar, if desired.





ICED HONEY COLD BREW COFFEE Prep time: 3 mins | total time: 3 mins | makes: 12

INGREDIENTS:

- 1 cup cold brew coffee
- 1/2 cup almond milk
- 1-2 tbsp Nature Nate's Raw & Unfiltered Honey
- 1/2 tsp vanilla extract
- Pinch of cinnamon

DIRECTIONS:

Place all ingredients in a blender and blend until combined. Pour over ice.









ICED APPLE CIDER PREP TIME: 10 MINS | TOTAL TIME: 10 MINS | MAKES: 12

INGREDIENTS:

- 1 cup Nature Nate's Raw & Unfiltered Honey
- 1 (50 oz) jug unsweetened, unfiltered apple juice
- 6-8 cinnamon sticks
- 1/4 cup anise stars (optional)
- 2" piece fresh ginger, sliced
- 2 tbsp whole cloves
- Ice

DIRECTIONS:

In a large pot, heat honey, apple juice and all spices together just until mixture is steaming and honey is dissolved. Allow to cool slightly. Transfer to a large pitcher, cover with plastic wrap and allow to sit overnight. Serve over ice. If desired, garnish with thin apple slices, skewered with a bamboo cocktail skewer.

