

# Recipes

## Honey Fruit Smoothie

Ingredients:

- 2 cups frozen mixed berries (substitute with fruit of your choice)
- 3 tablespoons of honey
- 2 cups of plain yogurt (substitute with flavoured yogurt if desired)

Directions:

- Place frozen fruit in blender first, then add honey and yogurt
- Blend all ingredients until they are well combined

## Honey Cinnamon Muffins

Ingredients:

- 2 cups flour
- 1/2 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 egg
- 1 cup milk
- 1/4 cup butter, melted
- 1/4 cup honey



Directions:

- Preheat oven to 400 degrees F
- Combine the flour, sugar, baking powder, cinnamon, and salt in a large bowl
- In a separate bowl, whisk the egg, milk, butter, and honey together
- Add egg and milk mixture to the dry ingredients; stir just enough to moisten the dry ingredients
- Grease muffin cups or line with paper muffin cups. Fill cups 3/4 full with batter
- Bake in preheated oven for 12 to 15 minutes or until a toothpick poked in the center comes out clean
- Remove from the muffin tin and serve while warm