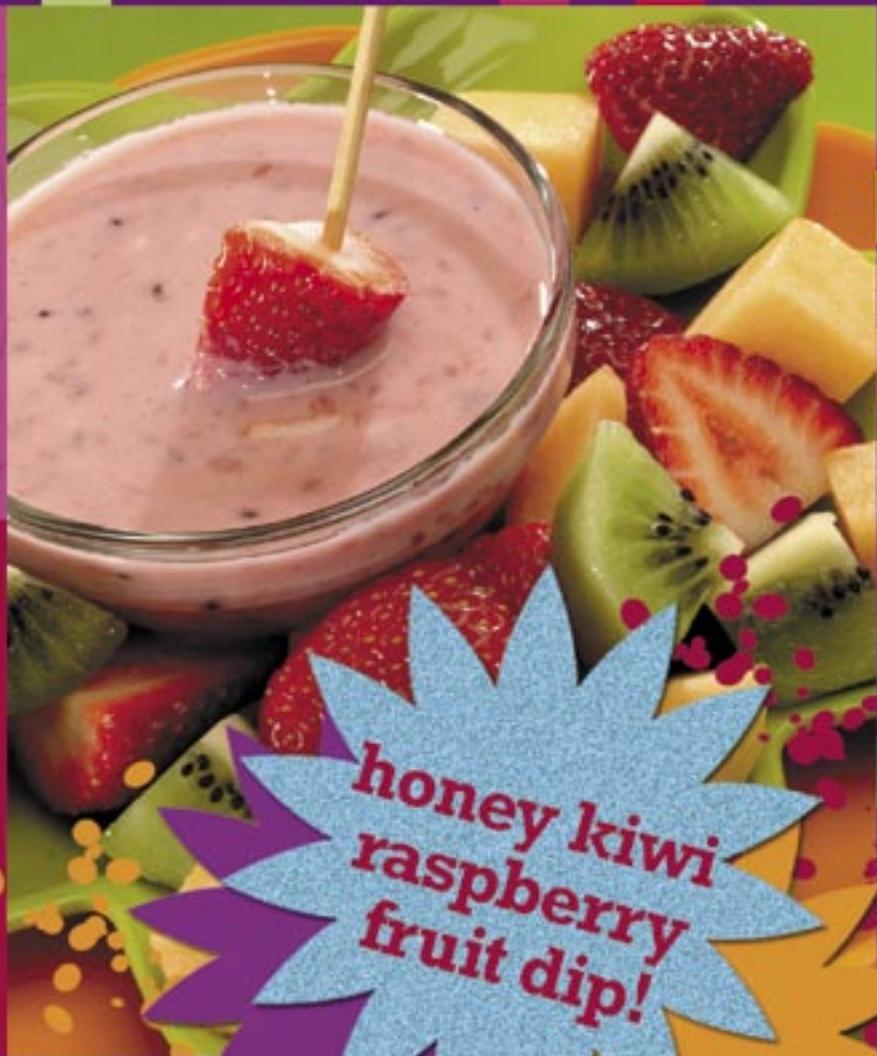




NATIONAL  
HONEY BOARD™

# 7 days 7 ways

everyday is  
delicious with  
pure honey!



**honey kiwi  
raspberry  
fruit dip!**

# monday:

your kids will love dipping their favorite fruits into this naturally sweet fruit dip!





**honey kiwi  
raspberry  
fruit dip!**

**INGREDIENTS:**

- 1 ripe kiwi, peeled and diced
  - 1/2 cup unsweetened, frozen raspberries
  - 1/2 cup honey
  - 8 oz. low-fat vanilla yogurt
- Fresh fruit for dipping (strawberries, pineapple, watermelon, cantaloupe, honeydew melon, grapes, bananas, etc.)

**DIRECTIONS:**

In the bowl of a food processor, combine kiwi, raspberries and honey; puree. Stir in yogurt. Serve with sliced fresh fruit.

tuesday:

these refreshing  
smoothies are so  
delicious your kids  
will be asking  
for more!





**pineapple  
orange  
honey  
smoothie!**

**INGREDIENTS:**

- 1 cup milk
- 1-1/2 cups pineapple, diced
- 1 cup plain yogurt
- 1/3 cup honey
- 2 Tbsp. orange juice
- 1 tsp. orange zest
- 5 to 10 ice cubes, optional

**DIRECTIONS:**

In a blender, combine all ingredients except ice cubes and blend until smooth. If desired, add ice cubes, one at a time, and blend until smooth.

Makes 5 8-ounce servings.

wednesday:

these chewy  
granola bars  
make a great snack  
during the day or  
after school!





**honey  
cherry  
granola  
bars!**

**INGREDIENTS:**

- 1/3 cup honey
- 1/4 cup butter, melted
- 3 egg whites
- 1 tsp. cinnamon
- 1/2 tsp. almond flavoring
- 3 cups low-fat granola
- 1/2 cup almonds, coarsely chopped
- 3/4 cup dried cherries

**DIRECTIONS:**

Preheat oven to 350°F. Whisk together honey, butter, egg whites, cinnamon and almond flavoring. Stir in granola, almonds and cherries. Spoon granola mixture into 9-inch, nonstick (or well greased) square pan. Using a piece of wax paper, firmly press granola mixture in pan. Bake 20 to 25 minutes or until lightly browned. Remove pan from oven and place on a cooling rack. Cool completely; cut into bars.

Makes 12 to 16 bars.

**thursday:**

sprinkle other dried  
fruits like cherries  
and blueberries  
into these wraps!





## **honey banana roll-ups!**

### **INGREDIENTS:**

- 2 wheat tortillas
- 1/4 cup honey
- 1/3 cup smooth peanut butter
- 1/3 cup dried cranberries or mixed-dried fruit
- 2 ripe bananas

### **DIRECTIONS:**

Preheat oven to 350°F.\* Place tortillas on a foil-lined baking sheet. Mix honey, peanut butter and cranberries in a bowl until blended. Spread honey mixture over tortillas to within 1/2-inch of edges. Place peeled banana on edge of tortilla; roll up. Repeat with remaining banana and tortilla. Place both seam side down and wrap foil around roll-ups, sealing all edges. Bake 8 to 10 minutes or until filling is warm. Makes 2 servings.

\*Heating roll-ups is optional.

**friday:**

kids will enjoy rolling their favorite nuts or dried fruits onto these yummy frozen treats!





## **honey banana pops!**

### **INGREDIENTS:**

- 4 just-ripe bananas, peeled
- 8 popsicle sticks
- 1/2 cup honey
- 1-1/3 cups nuts, finely chopped;  
coconut; carob chips; dried fruit;  
graham cracker crumbs; etc.

### **DIRECTIONS:**

Cut bananas in half cross-wise. Insert a popsicle stick into each cut end. Freeze for at least 30 minutes on a wax paper-lined tray.

Meanwhile, spread desired toppings onto separate plates. Spoon about 1 Tbsp. honey over each banana, rotating and smoothing honey with back of spoon to coat all sides. Roll banana in desired topping until coated on all sides, pressing with fingertips to help adhere. Return pop to wax paper-lined tray and repeat with remaining bananas. Freeze pops 15 minutes or more to set toppings. Serve. Makes 8 pops.

**saturday:**

these fun fruit kabobs  
will be a hit after  
a long school day!





**peanut  
butter  
& honey  
silly sushi  
roll-ups!**

**INGREDIENTS:**

- 4 slices wheat bread
- 1/2 cup smooth peanut butter
- 1/2 cup honey
- 2 Tbsp. nuts, finely chopped  
(sunflower seeds, almonds or walnuts)
- 1/4 cup strawberries, finely diced
- 4 skewers (optional)  
additional fresh fruit such as kiwi, strawberries,  
grapes or pineapple (optional)

**DIRECTIONS:**

Trim crusts from bread. Gently press bread or flatten with a rolling pin. Spread each slice with 2 Tbsp. peanut butter and 2 Tbsp. honey. Sprinkle 2 bread slices with 1 Tbsp. nuts each. Sprinkle remaining slices with strawberries.

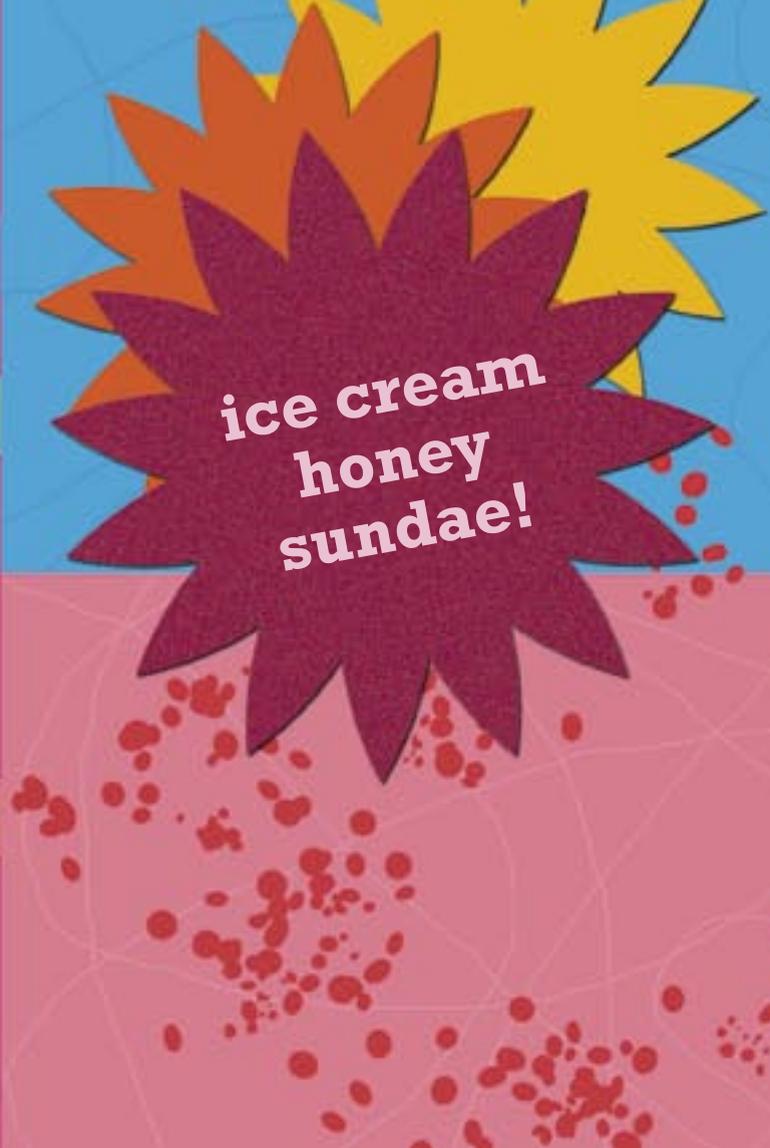
Cut each slice in half. Firmly roll up each slice and serve, or thread the roll-ups and fruit onto skewers and serve as kabobs.

Makes 2 servings.

**sunday:**

top off your day with  
a super sweet sundae!





**ice cream  
honey  
sundae!**

**INGREDIENTS:**

- 2 cups honey whole grain flake cereal  
(Honey Bunches of Oats or Honey Bran Flakes)
- 1 quart vanilla or cinnamon ice cream
- 3/4 cup honey
- 4 oz. bittersweet chocolate, chopped
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon

**DIRECTIONS:**

Place cereal in a plastic bag and crush using a rolling pin or mallet. Pour cereal into a shallow bowl or plate. Scoop ice cream and roll in cereal; coating generously and pressing to round. Place on a tray in the freezer. Repeat forming six ice cream balls. Cover ice cream balls with plastic wrap and freeze until ready to serve.

In a small saucepan, heat honey until hot, just before simmering; do not boil. Remove from heat, stir in chocolate, vanilla, and cinnamon; continue stirring until smooth. To serve, place one ice cream ball in a bowl and drizzle with sauce. Decorate with fresh fruit, sprinkles and whipped cream.  
Makes 6 servings.



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