

Cranberry Honey Granola

- 2 Cups rolled oats
- 1/4 Cup brown sugar
- 1/4 tsp cinnamon
- 1 pinch of salt
- 1/3 Cup slivered almonds
- 1/4 Cup HONEY
- 1/4 Cup olive oil
- 1/2 Cup dried cranberries or other dried fruit

Preheat oven to 325°. In a large bowl, combine oats, brown sugar, cinnamon, salt, and almonds. Warm honey and stir into olive oil. Drizzle the honey-oil mixture over the dry ingredients and stir. Spread the mixture over a baking sheet 9x13 inch pan. Bake granola until it is golden and crunchy, stirring once, for 15 to 25 minutes. Stir in the cranberries or other fruit. Makes about 3 cups.

Banana Pops

Makes 8 servings

- 1-1/3 cups ground toasted almonds, ground coconut, candy sprinkles, granola, or graham cracker crumbs
- 4 just-ripe bananas, peeled
- 1/2 cup honey
- 8 popsicle sticks

Spread ground nuts (or other topping of choice) on a plate or plates. Cut bananas in half crosswise. Insert a craft stick into each cut end. To assemble, hold each banana half over plate or waxed paper to catch drips. Spoon about 1 Tbsp. honey over banana, rotating and smoothing honey with back of spoon to coat all sides. (Or, squeeze honey from a plastic honey bear container and smooth out with spoon.) Roll banana in topping of choice until coated on all sides, pressing with fingertips to help topping adhere. Place pops on waxed paper lined cookie sheet. Repeat with remaining bananas, honey and topping. Serve at once.

Honey Care to Take a Dip

Makes 2-1/4 cups

- 1 pint (16 oz.) low-fat plain yogurt
- 1/4 cup honey
- 2 Tablespoons orange juice
- 1/2 teaspoon grated orange peel
- Assorted fruits, for dipping

Combine yogurt in a small bowl with honey, orange juice and orange peel; mix well. Serve with sliced fruit.

Honey Sugar Scrub

- 2 Tbsp extra virgin olive oil
- 1 Tbsp HONEY
- 2-3 vitamin E capsules
- 1 Cup granulated sugar

Combine olive oil, honey, and contents of vitamin E capsules. Mix well. Add sugar slowly, stirring until mixture reaches a sandy consistency. Store in airtight container.