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This guide is for educational and informative purposes only and is not intended as medical or professional advice. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this program. Before making any changes to your diet or undertaking an exercise program it is essential that you obtain clearance by your physician/doctor.
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13 HONEY RECIPES

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Introduction

It's sweet, it's golden, and you've been squeezing it into your tea, drizzling it onto your fruit bowls, and slurping it off a spoon since you were old enough to ask for it.

The consumption of honey dates back much further than you might realize, with research showing it was first used 8,000 years ago by the Ancient Egyptians, Assyrians, Chinese, Greeks and Romans not just as a sweetener, but as a medicine (1). Discover more about this powerful golden liquid below!
What Is Honey?

Honey is a viscous substance produced by bees from the sugary nectar of flowering plants. Bees extract flower nectar using their tube-shaped tongues, and then store it in their stomachs where an enzyme called invertase begins the honey-making process. The bees then fly back to their honeycomb, where they deposit this new honey.

At this point, the honey still contains a high water content, so the bees fan the liquid with their wings to remove the excess moisture. Once this moisture is removed, the bees cap their comb with beeswax as a seal. At this point, honey harvesters know the golden liquid is ready to be extracted.

Honey Nutrition Facts

1 tablespoon (21g) of honey consists of:

- 64 calories
- 0g fat
- 17g carbohydrates
- 17g sugars (blend of fructose and glucose)
- 0g protein

At first glance, it may seem like honey doesn’t have a lot to offer in terms of nutrients (2). However, you should know that honey is chock-full of over 200 compounds, including antioxidants and minerals that are extremely beneficial for your body. These include phenolics, peptides, organic acids, enzymes, flavonoids and tocopherols, to name a few (3).
The Natural Benefits of Honey

The potent compounds listed above offer a wide range of benefits - many of which the ancients were already aware of.

Antibacterial and Antifungal

Honey has been shown to have an inhibitory effect on some 60 types of bacteria, as well as many species of viruses and fungi. This effect is even seen on so-called superbugs like E. coli, Staph, and Salmonella, where its antimicrobial power is so strong that it works even if the honey is diluted up to 56 times (4).

The effect is caused by an enzyme in honey called glucose oxidase, which when ingested forms hydrogen peroxide, a potent antimicrobial (5).

Wound Healing

The ancient Egyptians, who included honey in 900 of their remedies, used the golden liquid as a topical ointment to heal infected wounds and also to embalm their dead (6).
Today, along with discovering honey’s natural disinfectant properties, scientists have found that honey possesses anti-inflammatory properties and also stimulates immune response and tissue regeneration in wounds (7). One case found that an amputee patient whose leg was infected with Pseudo and Staph, and who was not responding to regular treatment, healed completely in just 10 weeks after applying Manuka honey dressing pads (8).

Some of the types of wounds honey is effective in treating include (but aren’t limited to): abrasions, abscesses, amputations, bed sores and ulcers, burns, abdominal wounds, fistulas, diabetic, malignant, leprosy, traumatic, cervical, varicose and sickle cell ulcers, septic wounds, surgical wounds or wounds of abdominal wall and perineum.

**Gut Health**

Honey can be used to treat a wide range of gastrointestinal disorders, such as gastritis, ulcers, gastroenteritis, and diarrhea. It is also effective against bacterial infections of the gut, and can even prevent bacterial infections from taking hold along the walls of the digestive tract (9).
In addition, honey can help repair the mucus lining of the intestines (great for healing leaky gut and ulcers) and help kill the ulcer-causing H. pylori bacteria (10).

**Weight Loss**
Studies have shown that honey activates hormones that suppress appetite, and that replacing processed sugar and sweeteners with honey can reduce obesity (11).

**Antioxidants**
Honey contains powerful antioxidants, including flavonoids and phenolic acids, that fight the free radicals that cause aging and disease and can even help prevent DNA damage. These compounds are also known to be anti-carcinogenic (fight cancer) and give your immune system a boost (12).

**Cardiovascular Health**
The phenolic compounds in honey have been shown to reduce the risk of coronary heart disease (CHD) by improving dilation of blood vessels and preventing the clotting of blood platelets. In addition, honey has also been found to reduce LDL (bad) cholesterol and reduce blood pressure (13).
Due to honey’s natural concentration of glucose sugars and beneficial compounds, researchers have labeled it the “perfect fuel” for energy before exercising. In studies, honey performs just as well as artificial glucose energy packets when it comes to physical energy (14).

**Raw Honey vs Processed Honey**

Before you start gulping down those honey bears in the grocery store, know that the type of honey you grew up with isn't the same as the honey that gives you all of these benefits. For that, you need raw honey.

Processed honey - the kind sitting in those cute bear bottles - is anything but beneficial. It has been heated, filtered, and chemically refined to such an extent that most of its enzymes and nutrients are gone, and what is left is comparable to sugar syrup.

True honey, with all of its nutrients, antioxidants, and subsequent benefits, is raw, organic, unpasteurized, and gently filtered without heat (although some raw honeys do contain chunks of the honeycomb itself). This allows it to retain
all of its delicate enzymes and other compounds, including beneficial bits of propolis and pollen.

Raw honey will most likely look different than regular honey, and can range from an opaque white color to a dark amber liquid. It will most likely be thicker than the honey you’re used to. Be sure to look on the label for “raw,” or “unpasteurized,” to be sure your honey is truly raw.

Types of Raw Honey

Aside from the standard raw honey, there are several other types with different benefits and properties below.

Manuka Honey

Manuka honey, produced by New Zealand bees pollinating the Manuka bush, is considered one of the most healing honeys in the world. Research shows it is far richer in enzymes and antibacterial activity than regular honey, and even comes with its own global standard for medicinal quality, called the unique Manuka factor (UMF) (16).
You can use Manuka honey as an extra-strength antibacterial to fight bacterial overgrowths in your gut, disinfect wounds, treat ulcers, heal burns, and help relieve inflammation associated with IBS (16, 17).

To make sure you’re getting genuine UMF Manuka honey, look for a UMF level of at least 10 on the Manuka label for general healing. A UMF of 16 and above is considered superior, but only at 1 tablespoon at a time for serious conditions.

**Thyme Honey**

Thyme honey is honey made from bees that pollinate wild thyme flowers. It has the highest antioxidant value of dark herb honeys such as raspberry, hawthorn and black chokeberry honeys, which give it superior anti-aging and anti-cancer properties (18). It does have a different, more herb-y flavor than regular honey, but is still a delicious alternative.
Acacia honey is another popular honey you might see at your local health food store. It comes from the flowers of a tree often referred to as the black locust tree, and has been studied for its effectiveness in healing wounds (19). Acacia honey has a lighter, more floral taste than other honeys.
Uses for Honey

The diversity of ways in which you can use honey is virtually unlimited. A few honey recipes and suggestions:

DIY Cough Syrup

Stir together 3 tablespoons fresh lemon juice, ¼ cup raw honey and 2 tablespoons coconut oil in a saucepan over very low heat (just enough to begin to melt the coconut oil). Take a spoonful or a tablespoon as needed and store the rest in a glass jar in the fridge for up to a month.

DIY Face Mask

For a simple face mask to combat fine lines, fight acne and plump your skin, simply spread a thin layer of raw honey on your face after cleansing and let sit for 15-20 minutes.

Heal Scratches, Nicks and Burns

As you saw earlier, raw honey has potent, wound healing properties. To harness these, rub an even layer of raw or Manuka honey over wounds or sores and cover with a bandaid or other clean dressing.
Natural Sweetener

Of course, honey’s sweet taste makes it an excellent natural sweetener for tea, smoothies, and in other recipes where you need a hint of sweetness.

Sleep Aid

Taking a spoonful of honey before bed has been shown to improve sleep and help you get to sleep.
Soothe Digestive Woes

Honey has been shown to reduce inflammation, act as an antibacterial, and feed the good bacteria in your gut - all good things when it comes to easing digestive troubles. Mix a spoonful with one tablespoon apple cider vinegar in a glass of water and drink as needed.

Where to Buy Honey

You can find raw honey in your local health food store, as well as larger health food chains like Whole Foods and online on sites like Amazon and Thrive. Many of these may also carry Manuka honey, due to its rise in popularity as a medicine.

Alternatively, you can see if any of your local farmers markets carry raw, unprocessed honey, so you can get it as close to home as possible.

If you’re looking for rarer varieties like thyme and neem honeys, your best bet will be to look online. Be sure these are also raw and unprocessed.
Honey FAQ

• Does honey expire?

When honey is raw, properly sealed, and uncontaminated by water or other particles, it can last for years or even decades. However, over time, your honey may darken or crystallize (again, this will probably take years), and it will be up to you if you’d like to try honey that is a few years old.

• Why are some raw honeys clear, while others are opaque or contain flecks of material?

Raw honey can either be filtered or unfiltered, depending on the brand. If you notice flecks in your raw honey, more often than not these are bits of pollen or honeycomb and are nothing to worry about.

• Can diabetics eat honey?

Sure! This might be surprising, but raw honey has been found to have no effect on the blood sugar levels of diabetics (20). Keep in mind this is for natural, raw honey, so if you’re diabetic, be sure to triple-check that your honey is raw.

• Is honey safe for infants?

Even with all of the minerals and enzymes present in raw honey, it’s still recommended to wait until children are at least one year old before trying it out. This is because the immune system is still developing during this first year.

• How should I store honey?

Honey is best stored at room temperature, although you can store it in the fridge if you prefer.

• Can honey cause allergic reactions?

If you have or suspect you have pollen or other bee-related allergies, you should avoid raw honey.
A Final Word About Honey

There’s no doubt about it: raw honey is a true superfood with virtually limitless benefits.

However, more does not equal better, and that is doubly true in the case of honey. This is because for every one of its benefits, honey is still very high in sugar. Overdoing it on sugar (be it from natural sources or refined sources) can lead to a whole host of problems, including weight gain.

In short, be mindful of how much honey you’re consuming and remember: a little goes a long way.
Resources


Honey
RECIPES
Savory
HEARTY CRANBERRY Honey Broccoli Salad

Cook Time: 2 mins  Prep Time: 15 mins  Serves: 4 cups

Ingredients:

- 1 head of broccoli, cut into florets
- ½ cup red onion, finely chopped
- ⅓ cup unsweetened cranberries
- ⅓ cup sliced almonds
- 1 cup Paleo mayonnaise
- 2 T fresh lemon juice
- 2 T Honey
- ¼ T sea salt
- ⅛ T black pepper

Instructions:

1. Fill a large pot with 6 cups of water and bring to a low boil over medium heat. Add broccoli florets and boil 2 minutes.

2. Strain and immediately place into an ice bath in a large bowl. Chill 3 minutes.

3. Remove broccoli florets from water and pat dry with paper towel. Place broccoli into a large mixing bowl and add red onion, cranberries and almonds. Stir.

4. In a separate small bowl, combine Paleo mayonnaise, honey and lemon juice. Season with salt and pepper. Stir well.

5. Pour dressing over broccoli mixture and stir to coat. Refrigerate at least 30 minutes before serving.

Recipe by Jennafer Ashley
HONEY Cauliflower Nuggets

**Cook Time:** 25 mins  **Prep Time:** 10 mins  **Serves:** 2

### Ingredients:

**For the Cauliflower Nuggets:**
- 1 head of cauliflower, broken into florets
- 1 cup almond meal
- 2 eggs, lightly beaten
- Optional garnishes: chopped scallions, sesame seeds

**For the Sauce:**
- ⅓ cup raw honey
- 1 T Paleo sriracha
- 1 T coconut aminos
- ½ t minced garlic

### Instructions:

1. Preheat the oven to 400°F and line the baking sheet with parchment paper.
2. Whisk the eggs in a small bowl, and pour the almond meal into a separate small bowl. Dip each cauliflower floret in the egg and shake off the excess. Coat the floret in the almond meal, and place on the baking sheet.
3. Bake for 15-20 minutes. While the cauliflower bakes, stir together the ingredients for the sauce in a small bowl.
4. Remove the baking sheet from the oven, and drizzle the sauce over the cauliflower. Return to the oven for 5 minutes.
5. Garnish with sesame seeds and chopped scallions. Serve hot.

*Recipe by Jennafer Ashley*
ONE-PAN HONEY
Turmeric Chicken
WITH ASPARAGUS

Ingredients:
• 2-3 T olive oil
• ⅓ cup coconut flour
• ½ t ground turmeric
• 2 garlic cloves, minced
• 3 chicken thighs or breasts
• ¼ cup honey
• 1 lb of asparagus
• Salt and pepper, to taste

Instructions:
1. Preheat oven to 375°F.
2. Heat olive oil over stovetop in an oven-safe skillet.
3. Meanwhile, combine flour and turmeric in a bowl and coat chicken breasts in flour on both sides.
4. Place chicken in skillet and pan-fry for 3 minutes on each side until lightly browned.
5. Add the honey, garlic and asparagus to the skillet and place it in the oven. Cook chicken for approximately 20 minutes, turning it over, along with the asparagus, after 10 minutes.
6. Sprinkle asparagus with salt and pepper.
7. Enjoy!

Recipe by Erin Druga
**Simple Honey Maple Glazed Carrots**

**Ingredients:**
- 2 lbs carrots, stems trimmed
- 2 T pure honey
- 2 T pure maple syrup
- 1 T olive oil
- 1 T balsamic vinegar
- ½ t fresh rosemary, chopped
- 1 sprig thyme
- ½ t sea salt
- ¼ t black pepper

**Instructions:**
1. Preheat oven to 400°F and line a baking pan with parchment paper. Place carrots in baking pan.
2. Drizzle honey, maple syrup, olive oil and balsamic vinegar over carrots. Use hands to toss carrots.
3. Sprinkle with rosemary, sea salt and black pepper. Use fingers to knock thyme leaves off stem and onto carrots.
4. Bake 40 minutes or until carrots are tender. Enjoy!

Recipe by Jennafer Ashley
HONEY LIME Chicken Skewers
WITH AVOCADO DIPPING SAUCE

Ingredients:
• 3 organic chicken breasts
• 2 T olive oil
• ¼ cup honey
• 2 garlic cloves, minced
• Juice from 1 lime
• 2 ripe avocados
• ¼ cup coconut cream
• Juice from ½ lime

Instructions:
1. Cut up chicken into bite-size cubes.
2. Heat olive oil in a skillet and place chicken in skillet. Once pink is no longer showing, add honey, garlic and lime juice to the chicken.
3. While chicken is cooking, make the dipping sauce. Do so by smashing the avocado in a bowl with a fork.
4. Add coconut cream and lime juice to the avocado and mix with an electric mixer until creamy and smooth.
5. Once the chicken is cooked, remove from heat.
6. Once it’s a bit cooler, put chicken cubes on skewers.
7. Serve with avocado dipping sauce.

Recipe by Erin Druga
**For the Turkey:**
- 1 whole turkey (we used an 11 lb turkey)
- 4 cups turkey stock or broth
- 4 T grass-fed butter, cut into slices
- 4 rosemary sprigs
- 1 t rubbed sage
- 1 t thyme
- 1 t sea salt
- ½ t onion powder
- ½ t black pepper

**For Honey Turmeric Glaze:**
- 4 T grass-fed butter
- 1 t ground turmeric
- 2 T raw honey
- 1 T minced garlic
- 1 t sea salt

**Instructions:**

1. Begin by thawing the turkey according to package directions.
2. Preheat oven to 325°F and move oven rack to the bottom. Remove giblets and rinse entire turkey with cool water. Pat dry with paper towel. Place turkey into roasting pan on rack. Neatly position wings behind turkey.
3. Place sprigs of rosemary in cavity of turkey. Mix together sage, thyme, onion powder, sea salt and black pepper in a small bowl.
4. Use fingers to lift the skin of the turkey near the thighs and rub grass-fed butter underneath as well as on top. Next, rub dry seasoning under the skin and all over the top of turkey. Pour turkey stock into pan.
5. Insert an oven-safe meat thermometer into the thickest part of the thigh without touching bone. Place turkey in oven and roast for 1 hour, uncovered.
6. Carefully remove turkey from oven. Baste turkey with stock. If you find that the stock has evaporated, add 2 cups of stock to the pan, allow it to mix with the drippings, and then baste as normal.
7. Tent (see above for details) the turkey with aluminum foil and return to oven.
8. Continue to cook the turkey, basting every 45 minutes until the thermometer reaches 165°F degrees. Cooking time will vary with size of turkey (the rule of thumb is 13 minutes per pound).
9. Melt grass-fed butter for glaze over medium/low heat, stir in honey, turmeric, garlic, and sea salt until smooth. Use a basting brush to cover turkey with glaze. Return turkey to oven for 20 minutes, uncovered.
10. Allow turkey to rest 20 minutes before carving.
**COCONUT-CRUSTED CHICKEN FINGERS WITH HONEY DIJON DIP**

**Ingredients:**

**For the Chicken Fingers:**
- 2 medium skinless chicken breasts (sliced lengthwise into ½” strips)
- ½ cup + 2 T coconut flour
- ¼ cup coconut flakes (unsweetened and shredded)
- 1 large egg (room temperature)
- ½ t paprika
- ½ t garlic powder
- ¼ t cayenne pepper
- 1 T avocado oil
- Salt & pepper to taste

**For the Dipping Sauce:**
- 4 T Dijon mustard
- 1 T avocado oil
- ¼ cup coconut cream or Paleo mayo
- 2 T honey
- ½ t paprika

**Instructions:**

1. Preheat oven to 375°F.
2. Prepare a baking sheet with parchment paper. Then sprinkle it with half of the shredded coconut flakes. Set aside.
3. In a small bowl, combine the ingredients for the dipping sauce. Then sprinkle the paprika on top of them. Set it in the refrigerator, so the flavors can marry.
4. In a small bowl, add the egg to 2-3 tablespoons water. Whisk for a few minutes. Set aside.
5. In a separate small bowl, combine the coconut flour with the salt, pepper, and other seasonings.
6. Dip each chicken breast into the egg wash. Then immediately dip it into the flour mixture, and generously coat it.
7. Place the shredded coconut flakes on the baking sheet. Then place each chicken piece on top of the flakes. Sprinkle the remaining coconut flakes on top of the chicken pieces. Note: chicken should be room temperature 20 minutes before baking.
8. Drizzle each piece with the avocado oil.
10. Immediately turn the broiler on high. Cook another 2-3 minutes, until brown and crispy.
11. Let cool 5 minutes, and serve with the honey Dijon dipping sauce.

Recipe by Megan Olson

Cook Time: 15 mins  Prep Time: 20 mins  Serves: 2
SEARED DUCK BREASTS
with Honey and Apricot Sauce

Cook Time: 1 hr  Prep Time: 15 mins  Serves: 4

Ingredients:

For the Apricot Sauce:
• 1 cup organic orange juice
• ½ cup chicken stock
• 2 T honey
• 1 cup dried apricots, chopped
• ¼ cup cranberries
• ¼ cup sultanas
• ½ t fresh ginger, grated
• 1 t orange zest
• ¼ t ground coriander
• ¼ t ground cumin
• 1 t lemon juice
• Salt and pepper, to taste

For the Seared Duck Breasts:
• 4 duck breast fillets
• 1 T olive oil
• Salt and pepper, to taste

Instructions:

1. Preheat oven to 350°F.
2. For the apricot sauce: In a saucepan, combine orange juice, chicken stock and honey. Stir over medium heat for 3 minutes until the honey is dissolved.
3. Add the apricots, cranberries, sultanas, ginger, orange zest, coriander, cumin, salt and pepper. Bring to a boil, then reduce the heat to low and cook for another 10 minutes or until dried fruits are tender and sauce is thickened.
4. Transfer to a bowl and stir in the lemon juice. Let cool to room temperature for at least 1 hour.
5. For the duck breasts: Using a sharp knife, score the fat of the duck in a shallow diagonal pattern, spacing the cuts ½-inch apart.
6. Season both sides of each duck fillet with salt and pepper. Place the fillets fat-side down on a large, cold dry skillet. Cook over medium heat until fat on the fillets is golden in color. As the pan heats up, the fat will start to render from the fillets.
7. Turn fillets over and continue to cook for an additional 2-3 minutes, until slightly browned.
8. Transfer fillets to an extra virgin olive oil-brushed roasting pan and bake in the center of the oven for 30-35 minutes or until the meat reaches the desired doneness.
9. Transfer the duck breasts to a cutting board and rest for 10 minutes before serving.
10. Thickly slice the duck breasts and arrange on plates, spooning the apricot sauce on top before serving.

Recipe by Dina Hassan
**SLOW COOKER**

**Honey Sesame Chicken**

**Cook Time:** 3 hrs  **Prep Time:** 10 mins  **Serves:** 4

**Ingredients:**
- 3 large uncooked chicken breasts, diced into one-inch pieces
- Salt and pepper to taste
- For the sauce:
  - 1 T arrowroot powder
  - 1 T coconut sugar
  - 1 T honey
  - 2 T water
  - 3 T white wine vinegar
  - ¼ cup coconut aminos
  - ½ t ground ginger
  - ½ t minced garlic
  - ½ t red pepper flakes
  - 2 T sesame seeds

**Instructions:**
1. Chop chicken into 1-inch pieces, then salt and pepper each side. Set aside.
2. In a medium-sized bowl, whisk together ingredients for the sauce. Be sure to break down any clumps.
3. Place chopped chicken in the bowl and coat with sauce.
4. Transfer sauce and chicken to the crockpot.
5. Set crockpot to low. Cook 3-4 hours until chicken is juicy and tender.

**Pro Tip:** If you have time, you can marinate the chicken overnight to really make the flavors pop!

Recipe by Megan Olson
Sweet
APPLE BUTTER MUFFINS
with Coconut Honey Frosting

Ingredients:
For the muffins:
• 5 large eggs
• 1 cup apple butter
• ½ t vanilla extract
• 1 T honey
• ¼ cup melted coconut oil
• ¼ t salt
• 1 t baking soda
• ½ cup coconut flour
• Optional: 10 walnut pieces

For the coconut frosting:
• ¼ cup coconut cream
• 2 T unflavored gelatin
• 1 t honey

Instructions:
1. Preheat oven to 375°F. Prepare a muffin tin by lightly greasing with coconut oil.
2. In a large mixing bowl, combine eggs, apple butter, vanilla, honey and coconut oil until smooth.
3. Add salt, baking soda and coconut flour to the batter. Mix until fully incorporated.
4. Divide the batter evenly among 10 muffin cavities. Place one walnut piece in the center of each muffin, pressing it with your finger into the batter.
5. Bake 12-15 minutes or until muffins are set and slightly brown around the edges.
6. While the muffins bake, prepare the frosting by combining coconut cream, gelatin and honey in a blender until thick.
7. Remove muffins from the oven and cool in the pan 5 minutes before removing.
8. Add the coconut frosting to the muffins while warm by drizzling it on with a spoon in a circular motion. Enjoy!

Recipe by Megan Olson

Cook Time: 15 mins  Prep Time: 10 mins  Serves: 10 muffins
HONEY LEMON
Coconut Paleo Pancakes

Ingredients:

• ¾ cup coconut flour
• 1 T honey
• 1 cup coconut milk
• 8 eggs
• ¼ t baking soda

Instructions:

1. Place all of the pancake ingredients in a large bowl and combine well.

2. Heat a frying pan on medium-high heat and add one teaspoon of coconut oil, covering the base of the pan while it melts.

3. Add a large scoop of pancake batter into the frying pan and cook until the top of the pancake begins to bubble and has started to cook.

4. Flip the pancake over and cook for a further 1-2 minutes or until the pancake has cooked through.

5. Repeat with the remaining batter then serve with a drizzle of honey and a lemon wedge for squeezing the juice over the pancakes.

Cook Time: 7 mins  Prep Time: 5 mins  Serves: 5-6 pancakes

Recipe by PaleoHacks Team
Simple Honey-Baked Pineapple

**Ingredients:**
- ½ fresh pineapple, peeled, halved, cored, cut into thick wedges
- 1 T coconut sugar
- 1 T honey
- ½ t cinnamon
- Optional: add a dash or two of freshly squeezed orange juice

**Instructions:**
1. Preheat oven to 390°F.
2. Add the chopped pineapple to a non-stick oven proof baking dish.
3. Sprinkle cinnamon all over the pineapple pieces.
4. Then sprinkle the coconut sugar all over and finish with a drizzle of honey over the pineapple.
5. Place in the oven and cook for 20 to 25 minutes, or until pineapple is golden and the sugary syrup is bubbling.
6. Remove from the oven and serve.

Recipe by Rebecca Hughes
TURMERIC ELIXIR
with Apple Cider Vinegar + Honey

Ingredients:
• 4 cups filtered water
• ¼ cup raw apple cider vinegar
• ¼ cup raw honey
• 1 t ground turmeric
• ⅛ t cayenne pepper

Instructions:
1. Heat the water in a saucepan, over medium heat, until just steaming. Remove from heat and stir in the honey until dissolved.
2. Stir in the apple cider vinegar, turmeric and cayenne pepper. Pour into a pitcher and refrigerate for 2 hours to chill. Pour into a 2 oz glass, and drink as needed.

Recipe by Jennafer Ashley