

Honey, Honey, Honey

Courtesy of laptop2tabletop.com for Salem NH Farmers Market

Honey is nature's natural sweetener. It's a much healthier choice than table sugar and artificial sweeteners, which have no vitamins or nutrient content.

Honey has antibacterial qualities and is high in antioxidants. Many home remedies for ailments ranging from sore throats to rheumatism include honey. It's also a natural energy booster. I've seen conflicting reports that eating locally-produced raw honey helps to fend off allergies. It seems to help my seasonal allergies.



Creamy Honey and Maple Pecan Sauce

What you need:

- 1 c raw honey
- ¼ c cream
- 1 c chopped maple-glazed pecans
- 1 tsp vanilla

What you do:

- In sm saucepan over low heat add honey, cream and vanilla until just mixed.
- Remove from heat and add pecans.
- Allow to cool and serve over ice cream, crêpes, cheese, fruit, etc.



For more recipes visit SalemNHFarmersMarket.org.