

MAY IS ALL ABOUT BEES & HONEY

The average honey bee can visit more than 2,000 flowers in one day. As they move from flower to flower in search of nectar, they leave behind grains of pollen, allowing plants to grow and produce food.

When honey bees come back to the hive with pollen for honey-making, they perform a little dance to let the rest of the hive know where the good flowers are located. The bee will then turn the collected nectar into honey by adding enzymes from their stomach and reducing moisture by flapping their wings at a high rate of speed. To make one pound of honey, bees will need to visit two million flowers and fly approximately 55,000 miles. Bees produce honey as food storage for the winter to feed their family and lucky for us they produce 2-3 times more honey than they need so we get to enjoy their tasty treat too.

Honey is rich in polyphenols, which are powerful antioxidants that are thought to reduce the risk of heart disease and cancer. Polyphenols are also found in fruits, vegetables, tea and olive oil.



Did you know that bees have 5 eyes and 6 legs? And even with 5 eyes they are partially colour blind as they can't see the colour red.

Dip it!

Dip apples slices in honey for a nutritious snack.

Pour it!

Mix 3 tablespoons of honey and a pinch of sea salt in a small pot and bring to a simmer over low heat. Serve hot over pancakes.

Mix it!

Add honey to your smoothie. Not only does it add sweetness to combat some of the bitter ingredients but it's also a superfood providing additional nutrients.

Stir it!

Stir some honey into your bowl of oatmeal for some extra sweetness.

HONEY APPLE NACHOS

Who said nachos had to be made with chips?

Ingredients

- $\frac{1}{4}$ cup of honey
- 3 apples (use your favourite apple)
- 2 tbsp melted peanut butter
- 2 tbsp chocolate chips
- 1 tbsp shredded coconut

Directions

- Slice the apples and spread on a plate.
- Drizzle honey and melted peanut butter over the apple slices.
- Sprinkle chocolate chips and shredded coconut on top.

Tip: Use almond butter instead of peanut butter.

FRUIT YOGURT POPSICLES

Ingredients

- 2 tbsp honey
- 2 cups vanilla yogurt
- 2 cups of fresh or frozen cherries (pitted), blueberries, raspberries, or strawberries or any mixture you love

Directions

- Place the yogurt, fruit (slightly thawed if using frozen) and honey into a blender.
- Blend to desired consistency.
- Pour into popsicle molds, filling them $\frac{3}{4}$ full.
- Put in the freezer for about 5 hours or until frozen solid.