



Nate's **BUZZ-WORTHY** *Kid's Menus*



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HONEY CO.
Since 1972

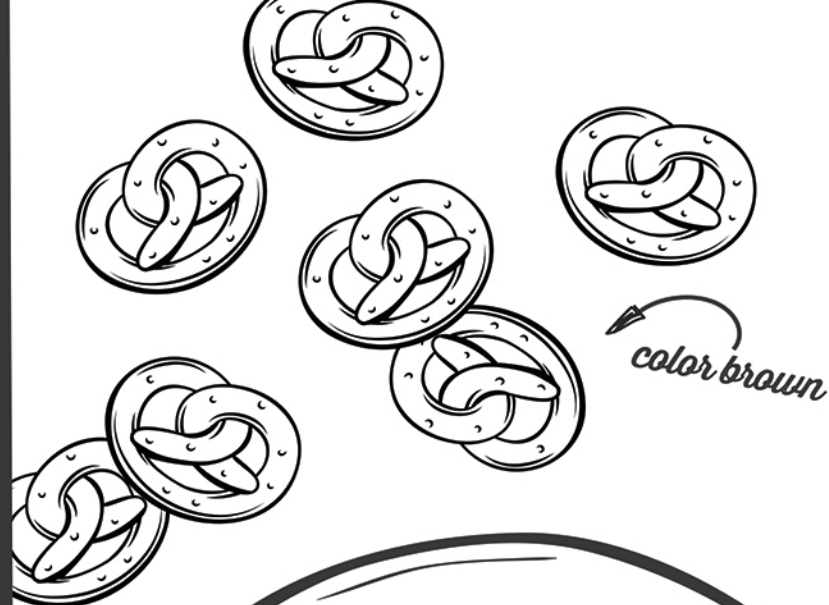
Nate's PB & Honey Bites

- ¾ CUP CREAMY PEANUT BUTTER
- ¼ CUP NATURE NATE'S 100% PURE, RAW & UNFILTERED HONEY
- 24 WAFFLE OR TWIST SHAPED PRETZELS
- ¾ CUP CHOCOLATE CHIPS
- 1 TABLESPOON COCONUT OIL
- ½ CUP SPRINKLES

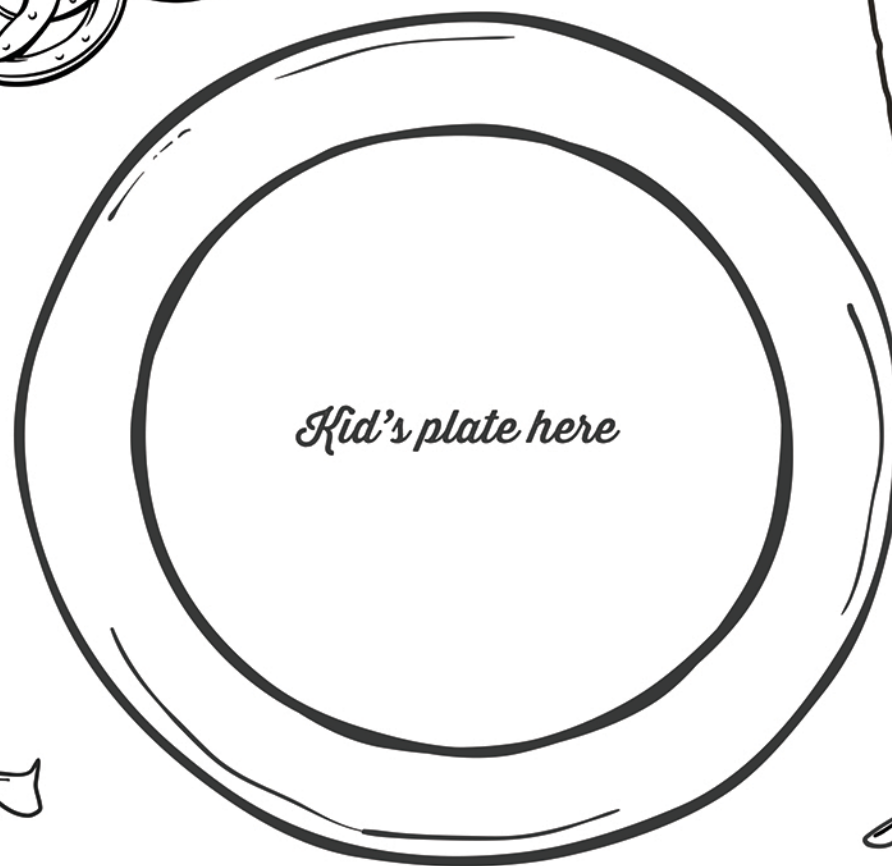
In a small bowl, stir together peanut butter and honey. Place a dollop of this mixture on top of 12 pretzels. Press a second pretzel on top of each one to create a "sandwich." Set aside.

In a microwave-safe bowl, melt chocolate chips and coconut oil in 20 second intervals, stirring in between each, until smooth.

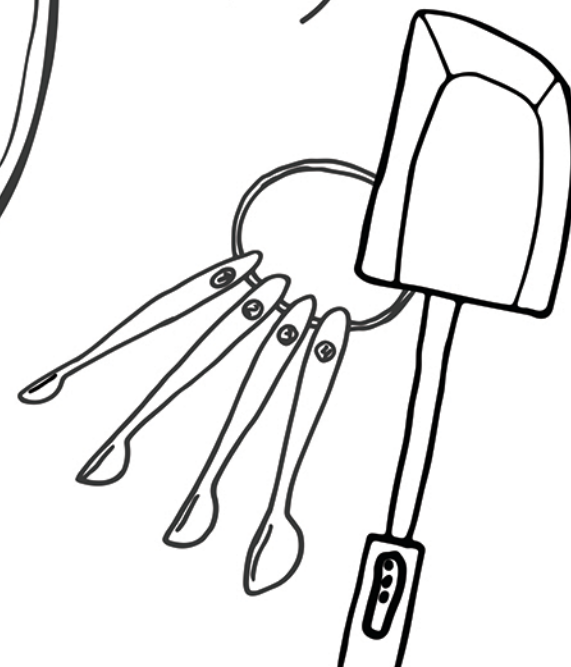
Dip each pretzel sandwich in the melted chocolate, covering about half the pretzel in the chocolate mixture. Dip in sprinkles, then transfer to a parchment-lined baking sheet. Once all pretzels have been dipped, refrigerate until chocolate is firm (about 15 minutes). Store in an airtight container in the fridge until ready to eat.



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Nate's Chocolate Chip Cookies

1 CUP BUTTER, SOFTENED

2 EGGS

1/2 CUP NATURE NATE'S 100% PURE, RAW & UNFILTERED HONEY

1 TEASPOON VANILLA EXTRACT

1/2 TEASPOON SALT

3 CUPS SELF-RISING FLOUR

2 CUPS SEMI-SWEET CHOCOLATE CHIPS

1 CUP CHOPPED WALNUTS, OPTIONAL

Preheat oven to 350 degrees. Cream together butter, eggs, honey, vanilla, and salt. When well mixed, add flour. Stir until fully incorporated. Add chocolate chips and walnuts.

Using a #10-sized ice cream scoop (or 1/4 cup measure), spoon 2-3 inches apart on a cookie sheet. Add a few extra chocolate chips to the top to decorate them.

Bake 12-14 minutes. Allow to cool.



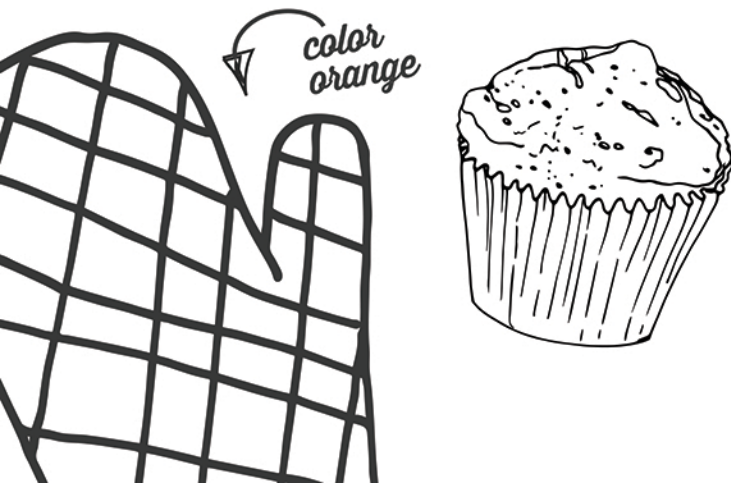
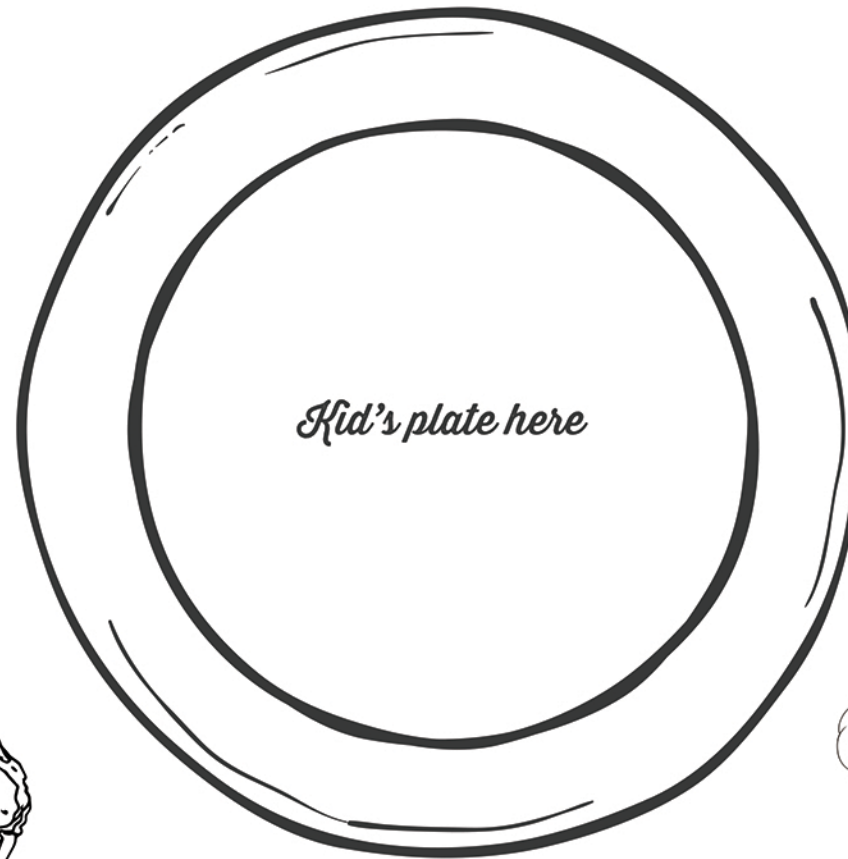
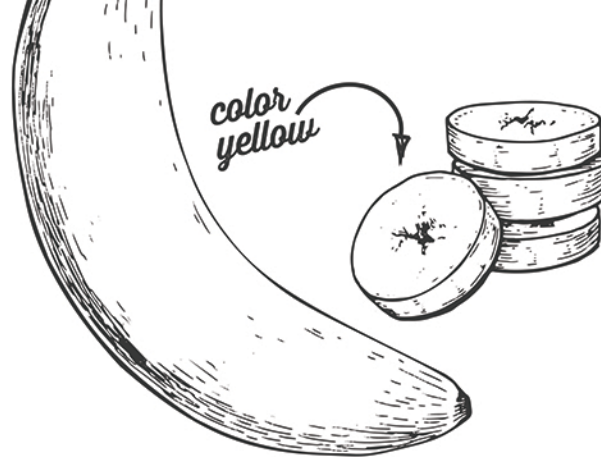
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Nate's Honey Banana Muffins

2 EGGS
1 ½ TSP CINNAMON
4 TBSP UNSALTED BUTTER
1 CUP MASHED RIPE BANANA (ABOUT 3 MEDIUM
BANANAS)
1/3 CUP NATURE NATE'S 100% PURE, RAW &
UNFILTERED HONEY
¼ CUP MILK
1 TSP BAKING SODA

Preheat oven to 350 degrees. Spray muffin tin with cooking spray. Soften butter in bowl until it is room temperature. Add honey, mashed banana, vanilla, and milk to the bowl. Whisk together to combine. Add eggs and continue mixing. Sprinkle cinnamon, baking soda, and salt into the bowl. Whisk until well-combined.

Add the flour to the bowl and stir with a spatula until loosely combined. Be careful not to over-mix. Scoop the batter into the muffin tin. Be careful to fill about 2/3 full. Sprinkle the top of each muffin with a little cinnamon. Bake for 15-17 minutes. Let muffins cool for 5 minutes. Eat and enjoy!



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Nate's Energizing Green Smoothie Bowl

1 ½ CUPS FROZEN MANGO

3 CUPS KALE

2 TBSP NATURE NATE'S 100% PURE, RAW & UNFILTERED HONEY

1" PIECE FRESH GINGER, PEELED

½-¾ CUP COCONUT WATER

1 CUP ASSORTED BERRIES AND FRUITS

2 TBSP CHOPPED NUTS

1 TBSP CHIA SEED OR GOLDEN FLAXSEED

In a hi-speed blender, puree mango, kale, honey, and ginger together. Add just enough coconut water to make the smoothie thick but spoonable.

Pour into a bowl. Top with berries, pistachios, and chia or flaxseed.

Serve and enjoy!

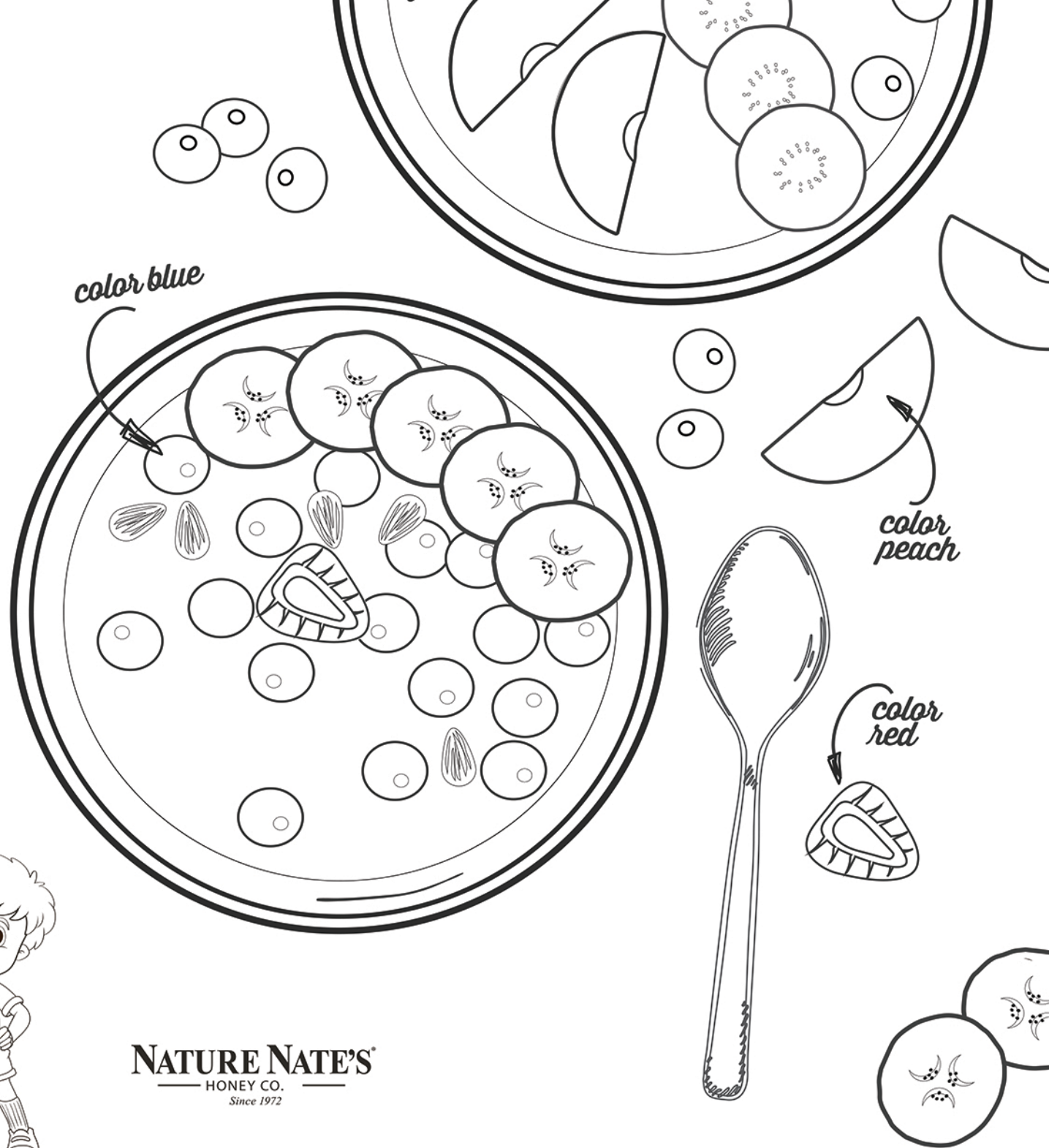
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Nate's Ultimate Breakfast

- 2 EGGS
- 1 CUP OATS
- 1 CUP STRAWBERRIES CUT IN HALF
- ¼ CUP NATURE NATE'S 100% PURE, RAW & UNFILTERED HONEY
- 2 SLICES OF WHOLE WHEAT BREAD
- 3 SLICES OF BACON

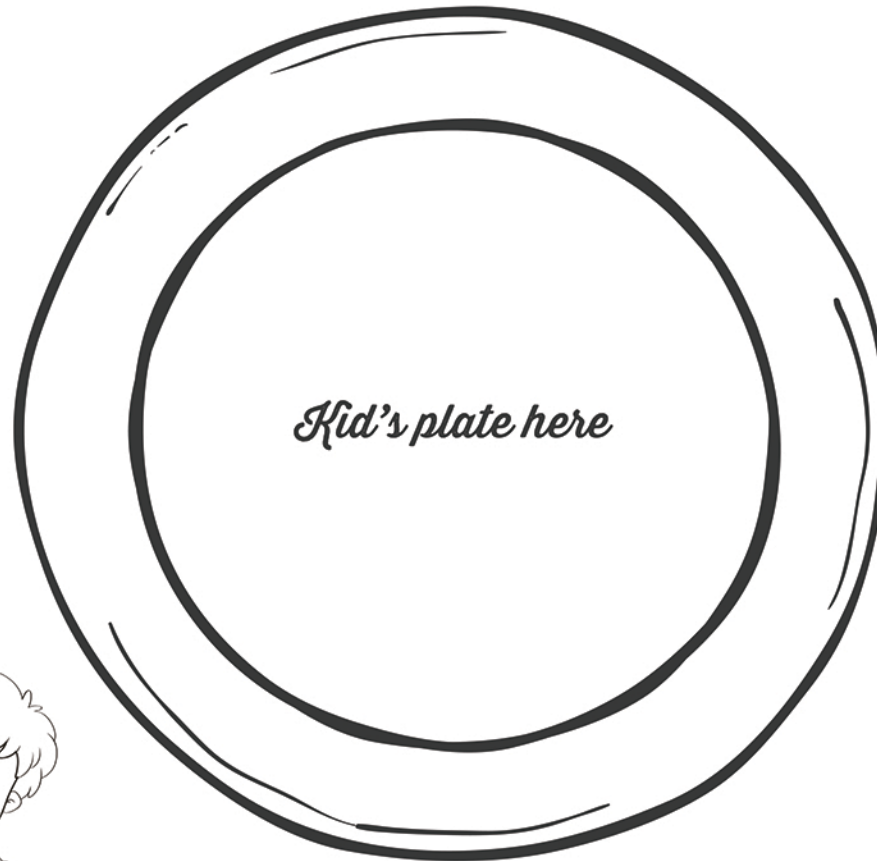
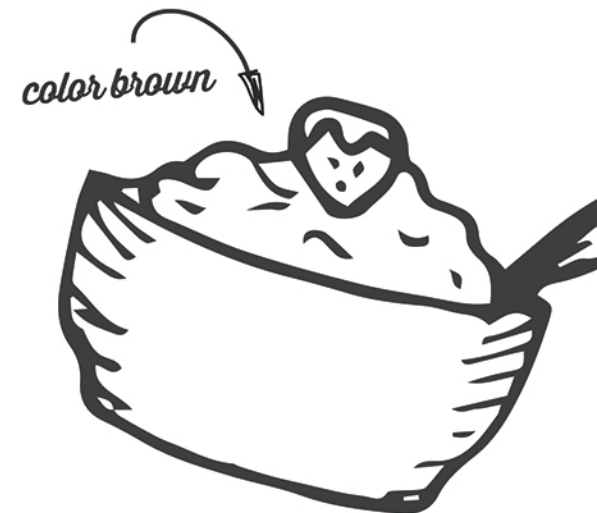
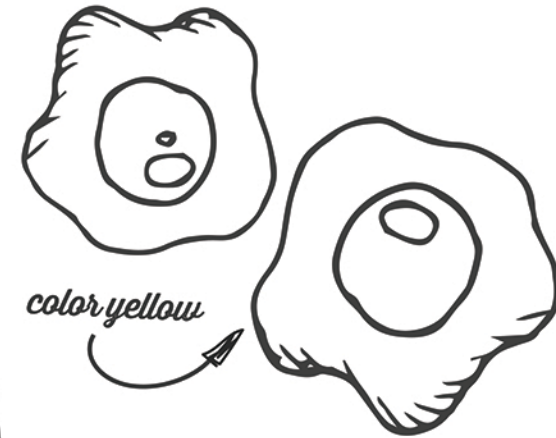
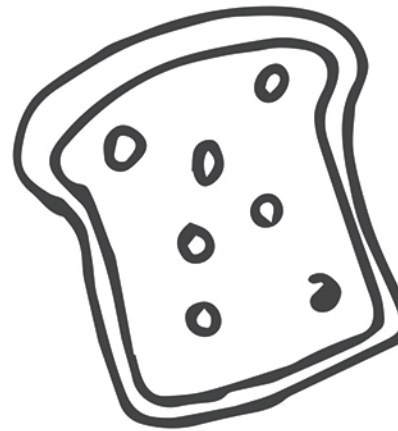
Heat oven to 375 degrees and place 3 slices of bacon on a baking sheet. Cook for 12 minutes or until desired crispiness. Once cooked, set aside to cool.

Set a frying pan on the stove over medium heat. Crack two eggs in the pan and cook on medium until desired doneness. Remove from pan and set on your plate.

In a microwave-safe bowl, pour oats and water into a bowl and stir until mixed. Place in microwave and cook on high for 1 minute. Allow to cool and top with honey and strawberries.

Place 2 slices of whole wheat bread into the toaster for 45 seconds (or until toasted). Top with honey.

Place each item on your plate and enjoy!



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