Now more than ever, people are looking for natural ingredients and it’s hard to imagine anything more wholesome and natural than honey. A true back-to-basics ingredient, honey is a sweet gift from nature, created by bees from the nectar of plants and flowers. Did you know that the bees in a beehive may collectively travel as much as 55,000 miles and visit more than two million flowers to gather enough nectar to make just one pound of honey? With only one ingredient, honey is a product that you can feel good about feeding to your family and friends.

Honey is a culinary marvel that not only imparts a unique flavor to any dish, but also balances and enhances the flavor profiles of other ingredients in any recipe, making honey the perfect partner for any variety of Thomas’ English muffins or bagels.

Explore the many ways honey can sweeten up your morning. Visit honey.com for recipe ideas and tips to incorporate honey into your meals.

Over 135 years ago Samuel Bath Thomas moved from England to the United States and later opened his own bakery in New York City in 1880, and Thomas’ English muffins and bagels would soon become a popular part of the American breakfast. Today, Thomas’ English muffins are the #1 selling English muffin in America. Thomas’ distinctive taste, texture and flavor come from their special “Nooks & Crannies” way of griddle baking. This process, unchanged for over 135 years, uses quality ingredients to make the distinctively coarse-grained, yeast-raised dough. They are split, not sliced, to keep their unique, toast-up-perfect texture.

Thomas’ Light Multi-Grain English Muffins have just 100 calories each, and 8 grams of fiber to keep your diet in check to let you go all out on toppings—like a drizzle of sweet and all-natural honey! For recipe ideas, visit www.thomasbreads.com.
**Peanut Butter Honey Muffins**

Peanut butter honey muffins are a delicious combination of flavors that will have your taste buds dancing with joy. Made with ½ cup honey, ¼ cup peanut butter, 2 Thomas’® Honey Wheat Bagels, split open, 1 large avocado, mashed, 2 teaspoons lemon juice, 2 teaspoons honey, ½ cup cream, ⅛ teaspoon nutmeg, ½ cup macadamia nuts, roughly chopped, and 1 cup toasted pecans, chopped. The final step is to top it all off with ½ cup honey in a drizzle over the muffins. Makes 4 servings.

**Honey Hawaiian Bread Pudding**

This sweet and creamy dessert is perfect for any occasion. Made with 1½ cups half & half, ¾ cup honey, 2 packages Thomas’® Original English Muffins, split and toasted, ¾ stick butter, melted, 1½ cups pineapple chunks, 1 cup toasted pecans, chopped, 1 cup toasted macadamia nuts, 1 cup toasted breadcrumbs, 2 envelopes unflavored gelatin, 1 cup orange juice, ½ cup honey, ¼ cup maple syrup, 3 tablespoons honey, 4 Thomas’® Whole Wheat English Muffins, split open, 1 cup brown sugar, ⅛ teaspoon nutmeg. The final step is to top it all off with 1½ cups additional honey for serving. Makes 10-12 servings.

**Fig & Goat Cheese English Muffin**

For a delicious breakfast or brunch option, try this fig and goat cheese English muffin. Made with 2 Thomas’® Original English Muffin, split and toasted, 2 tablespoons goat cheese, 2 figs, sliced, 2 teaspoons honey, 1 stick butter, 2 cups 2% milk, 2 packages hollandaise sauce. The final step is to top it all off with fresh parsley or chives for garnish. Makes 2 servings.

**Open Face BLT Sandwich**

This classic BLT sandwich is given a honey twist. Made with 1 (6 oz) firm-ripe banana, chopped, 4 tablespoons honey, ½ cup honey, 1 Thomas’® Honey Wheat Bagel, split and toasted, 2 tablespoons hazelnut spread, 2 slices bacon. The final step is to top it all off with fresh herbs and a sprinkle of paprika for garnish. Makes 1 serving.

**Bananas Foster’s Bake**

This dessert is a delicious blend of bananas, honey, and spices. Made with 1 (6 oz) firm-ripe banana, chopped, 4 tablespoons honey, 2 teaspoons honey, 2 teaspoons lemon juice, 1 large avocado, peeled and pitted, 1 (20 oz) can pineapple chunks, drained, 1 cup brown sugar, ⅛ teaspoon nutmeg, 4 Thomas’® Honey Wheat Bagels, split and toasted. The final step is to top it all off with melted and bubbly. Makes 1 serving.

**Baked Honey Bacon Benedict**

This breakfast treat is a delicious combination of flavors. Made with 1 Thomas’® Honey Wheat Bagel, split and toasted, 1½ tablespoons honey, and paprika for garnish. Spreads between the two bagel slices onto one half and top with the other. Makes 1 serving.

**Hazelnut Spread & Strawberry Bagel**

This breakfast treat is a delicious combination of flavors. Made with 2 Thomas’® Honey Wheat Bagels, split and toasted, 1 Thomas’® Original English Muffin, split and toasted, 1 (6 oz) firm-ripe banana, chopped, 4 tablespoons honey, 2 tablespoons hazelnut spread, 2 tablespoons strawberries. The final step is to top it all off with sweetened whipped cream. Makes 1 serving.

**Tip: This is delicious served with whipped cream or additional honey.”**

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For more honey recipes, please visit www.honey.com.