

## Did you know Honey can boost your running and health?



\*If you add a little honey to your tea or spread some on top of your toast, you're off to a good start! Honey contains few less calories per teaspoon than sugar and has additional health benefits.

1. **Boost Antioxidant Levels:** Compared to other sweeteners, honey was found to have higher levels of antioxidants, In one of the studies, subjects who drank tea with wheat honey showed a seven percent increase in antioxidant levels compared to the subjects who had tea with sugar.
2. **Keep fueling your workouts:** A study on cyclists found that consuming 60 calories of honey (one tablespoon) with water every half hour works well as an energy gel in improving sprinting efforts for the end of long workouts.
3. **Control Blood Sugar:** Studies show that using honey over regular table sugar can help steady blood-sugar levels. This is great news for those with pre-diabetes or insulin resistance.
4. **Curb Cholesterol:** Using honey instead of sugar for 2 weeks can lower the "bad cholesterol" and reduce levels of C-reactive protein, which is a measure of inflammation in vessels.
5. **Improve G.I. Health:** Honey contains oligosaccharids, which is a type of sugar that fuels the growth of immune-boosting bacteria in the gut, promoting a healthy intestinal tract.

***So what to do with this information?*** Try these quick and tasty honey tapped meals...

- **Bake Energy Bars:** Mix 3 tablespoons of honey with 2 tablespoons of canola oil, 2 eggs, walnuts, orange zest, and 2 cups of natural/organic granola. Bake for 15 minutes at 375 degrees F.
- **Grill Vegetables:** Place sliced zucchini with peppers and onions on a hot grill. You can brush the vegetables with 2 tablespoons of honey, 1/4 of white wine, and 1 teaspoon of garlic.
- **Fruit Smoothie:** Blend 1 tablespoon of buckwheat honey with 1/2 cup of blueberries, 1 ripe peach, 1 cup of Greek yogurt, 1/2 teaspoon of vanilla, and ice!
- **Salad Dressing:** Whisk 1/4 cup of natural honey with 2 tablespoons of olive oil, 1/3 cup of red wine vinegar, 2 tablespoons of minced scallions, and salt & pepper.
- Try your own recipes too! Honey is a great alternative to sugar for it's taste and nutritional value!