

Spiced Honey

1 tsp. Cinnamon

1 tsp. Ginger

1 tsp. Rose hip powder

1/3 - 1/2 C. Honey (local raw is preferred)

Stir well and drizzle over fruit slices, sprouted toast or put a spoonful in a cup of hot water for an instant sweet tea. This blend will boost the immune system and taste oh so sweet!

Recipe by Kelly Pomeroy