

# honey

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](http://honey.com) for recipe ideas and tips to incorporate honey into your meals.

## nooks & crannies & crannies

Over 135 years ago Samuel Bath Thomas created the Original "Nooks & Crannies" English muffin after moving from England to the United States. He 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-perfectly 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](http://www.thomasbreads.com).

**Honey Blueberry Compote & Ricotta English Toast**



**Bananas Foster's Bake**



**Honey Hawaiian Bread Pudding**



**Open Face BCA Sandwich**



**Peanut Butter Honey & Banana Muffins**



**Fig & Goat Cheese English Muffin**



**Hazelnut Spread & Strawberry Bagel**



**Baked Honey Bacon Benedict**



## Baked Honey Bacon Benedict

4 tablespoons butter  
1 package Thomas® Original English Muffins, split  
1 lb. thick bacon  
¼ cup honey  
1 dozen eggs  
Salt and pepper to taste

**For Hollandaise:**  
2 packages hollandaise sauce  
2 cups 2% milk  
1 stick butter  
Fresh parsley or chives and paprika for garnish

Preheat oven to 350°.

Spread each muffin half with butter and bake for 10 minutes on a sheet pan, set aside.

Spread the bacon out on a parchment lined sheet pan and drizzle with the honey. Bake for 20-25 minutes turning once. Remove each piece of bacon to a cooling rack to drain and cool. Cut each piece of bacon in half.

Prepare the hollandaise sauce according to the package directions and keep warm.

Place the muffin halves on a sheet pan and evenly divide the bacon over each muffin. Gently break one egg over each muffin half and sprinkle with salt and pepper. Bake for 12-15 minutes or until the eggs are cooked to your preference.

Serve immediately topped with warm hollandaise and garnished with fresh herbs and a sprinkle of paprika.

Tip: You can use the traditional method of poaching the eggs if you prefer, but this method of baking the eggs is much easier and great for entertaining.

**Makes 6-8 servings**

For more honey recipes, please visit [www.honey.com](http://www.honey.com)

## Hazelnut Spread & Strawberry Bagel

1 Thomas® Honey Wheat Bagel, split  
1 tablespoon hazelnut spread  
½ tablespoons honey  
½ cup sliced strawberries

Preheat the panini grill.

Spread the hazelnut spread between the two bagel halves and drizzle with the honey, layer the strawberry slices onto one half and top with the other.

Place the bagel on the panini and set the level so that the bagel is in contact with the grill but still keeps the filling from coming out the sides. Heat until the filling is warm and the bagel is toasty. Serve immediately.

**Makes 1 serving**

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## Fig & Goat Cheese English Muffin

1 Thomas® Original English Muffin, split and toasted  
2 tablespoons Goat cheese  
2 figs, sliced  
2 teaspoons honey

Spread Goat cheese on both muffin halves. Top with sliced figs and a drizzle of honey.

**Makes 1 serving**

For more honey recipes, please visit [www.honey.com](http://www.honey.com)

## Peanut Butter Honey & Banana Muffins

2 Thomas® Honey Wheat Bagels, split and toasted  
½ cup chunky or smooth style peanut butter  
1 (6 oz) firm-ripe banana, chopped  
4 tablespoons honey

Spread peanut butter evenly (2 tablespoons each) and place on a sheet pan. Top each with ¼ of bananas and drizzle each with 1 tablespoon honey and broil 6 inches from heat, until honey is bubbling and bananas are golden brown, for 1 to 2 minutes. Let stand 5 minutes and serve.

**Makes 2 servings**

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## Open Face BCA Sandwich

4 Thomas® Honey Wheat Bagels, split open  
4 tablespoons honey  
1 cup shredded cheddar cheese  
8 pieces crisp cooked bacon, cut into bite-sized pieces  
1 large avocado  
1 tablespoon honey  
2 teaspoons lemon juice  
Salt and pepper to taste

Preheat oven to 350°.

Peel and pit the avocado into a small bowl and lightly mash with the honey, lemon, salt and pepper. Set aside.

Place bagel halves on a sheet pan and drizzle with the honey. Evenly divide the cheese between the bagels and top with the bacon. Cook the bagels until the cheese is melted and bubbly.

Remove the bagels from the oven and serve with a spoonful of avocado on each half.

**Makes 4 servings**

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## Honey Hawaiian Bread Pudding

½ stick butter, melted  
1 package Thomas® Cinnamon Raisin English Muffins, torn into 8 pieces each and toasted  
1 fresh pineapple, peeled, cored and sliced into 12 rings  
½ cup macadamia nuts, roughly chopped  
¾ cup honey  
2 teaspoons vanilla  
1 teaspoon cinnamon  
5 eggs, beaten  
1½ cups half & half  
Additional honey for serving

Preheat oven to 350°.

Pour the melted butter over the bottom of the cake pan, next layer the muffin pieces, the pineapple rings and the macadamia nuts.

Whisk together the remaining ingredients and pour over the muffins and pineapple, lightly pushing them down until the muffins are covered and soaking up the egg mixture.

Bake for 45-55 minutes or until the top springs back when touched and it is no longer jiggly in the center.

Let the pudding sit for about 20 minutes before serving or make ahead and heat up to serve. Drizzle with additional honey.

Tip: This is delicious served with whipped cream or vanilla ice cream.

**Makes 10-12 servings**

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## Bananas Foster's Bake

1 package Thomas® Original English Muffins, split and toasted  
4-5 bananas, peeled and sliced ½" thick  
1 cup toasted pecans, chopped  
1 stick salted butter, melted  
½ cup honey  
¼ cup maple syrup  
½ cup cream  
2 tablespoons dark rum, or ½ teaspoon rum flavoring  
2 teaspoons vanilla  
½ teaspoon nutmeg

Preheat oven to 350°.

Place the english muffins cut side up into a 11x13 casserole dish.

Whisk together the remaining ingredients except the bananas and pecans. Pour half of this mixture over the muffins and bake for 10 minutes.

Spread banana slices and pecans evenly over the muffins and drizzle the remaining syrup over the bananas.

Bake an additional 10 minutes or until the topping is bubbly and the bananas are softened.

Serving suggestion: Serve with sweetened whipped cream.

**Makes 6-8 servings**

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## Honey Blueberry Compote & Ricotta English Toast

3 cups blueberries, divided  
½ cup honey  
Juice and zest from 1 orange  
1 cup ricotta  
3 tablespoons honey  
¼ teaspoon cinnamon  
4 Thomas® Whole Wheat English Muffins, split in half and toasted

Combine ½ of the blueberries with ½ cup honey, the orange juice and zest in a small sauce pan, bring to a boil for 1 minute and then simmer for about 20 minutes. Press the berries lightly with the back of the spoon to break them up a bit. When the berry mixture is reduced and thickened, remove from heat, stir in the remaining blueberries and cool.

Mix the ricotta, 2 tablespoons honey and cinnamon until combined.

Spoon 2 tablespoons of the ricotta mixture over each muffin half and top with the blueberry compote. Garnish with orange zest if desired.

Tip: You can substitute and fresh seasonal berries for the blueberries. You will have left over compote, try it on pancakes, yogurt, ice cream or even in a smoothie.

**Makes 4 servings**

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