

VOLCANO ISLAND HONEY

Raw honey for the whole body

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USES FOR OUR HONEY BEYOND TEA AND TOAST.

Inner Bliss

A MYRIAD OF WAYS TO IMBIBE OUR HONEY.

For the minimalist ~

- Right off the spoon.
- Spread honey on a high cacao, barely sweetened chocolate bar.
- Dip a raw almond in our white honey for a healthy raw snack.
- Nut butter (almond butter, cashew butter, peanut butter, macadamia nut butter, tahini) plus honey (white honey or lilikoi honey) spread on anything... crackers, toast, muffins, waffles, fingers! Spoon nut butter into a bowl, add honey to taste, stir together and spread. Add a sprinkling of sesame seeds just for fun.

Feed your soul ~

- See our website www.volcanoislandhoney.com for gourmet recipes for our honey from award-winning chefs:
 - Honey Ice Cream with Almond Nougatine by Wolfgang Puck.
 - Kona Mango Honey Dressing by Chef Glen Alos of the Kona Village Resort.
- And more...

I like candy ~

- You can also form the nut butter/honey mixture (above) into balls and roll in nutritional yeast or sesame seeds to make your own candy treat.

Get passionate with lilikoi (passion fruit) honey ~

- Lilikoi honey and cream cheese as cake frosting. Eat slowly with your fingers or feed to your lover. Lick fingers.
- Lilikoi honey on crepes or pancakes for the morning after.
- Lilikoi honey & cream cheese on crackers for a quick snack.

A rich experience ~

- Honey and cheese is a delicious combination. You can lightly drizzle our macadamia nut honey over a cheese before serving, or put a dollop of our white honey on the side. Our white honey tastes great with salty, strong flavored, and even stinky cheeses. There are no mistakes- experiment with different cheeses and see what you like! A gentle guideline- honey is meant to elevate the cheese, not overpower it.
- Add some nuts and dried fruit to the cheese and honey plate. Top it off with a dessert wine and experience heaven on earth.

Coffee, Tea, or...?

- Use our white honey in coffee or tea instead of sugar. Our white honey does not impart a taste to your beverages like other honeys do.

Add some sparkle to your life ~

- Honey Lemon Fizz: Stir the juice of 1 lemon together with 3 tablespoons of white honey until the honey dissolves. Add to your carbonated mineral water to taste.

Heal thyself ~

- Trying to cure the common cold? Try our Ginger honey in hot water with lemon.
- Tummy ache? A dollop of our Peppermint honey goes down cool and smooth.
- Take honey on a spoon to soothe a sore or scratchy throat.
- Honey has been proven to work as well as over the counter cough medicine- take a spoonful for a cough!

Out of Body Experience

FOR AMBIENCE, LIGHT AN ORGANIC BEESWAX CANDLE THEN EXPERIENCE OUR SILKY, DELICIOUS HONEY ON YOUR BODY.

Before putting honey in your bath or on large areas of your body- please make sure your skin is not allergic to honey.

Float Away ~

- ¼ cup of honey in your bathwater for a sweet end to your day.

Sweet Kisses Lip Gloss ~

1 cup sweet almond oil + ½ cup beeswax +
2 tablespoons honey

Melt almond oil and beeswax together, whisk in the honey while still warm. Pour into small containers with lid. Makes about 1½ cups.

Let that Aura Glow ~

- Pure and simple- massage honey onto your face or body, leave for 10-15 minutes, rinse and glow.

Healing ~

- Use honey as a topical treatment on wounds, burns, acnes, and infections. Honey is anti-bacterial, anti-viral and forms hydrogen peroxide that will sterilize wounds, promote healing and reduce scarring.

Learn more about our honeys and how to use them at www.volcanoislandhoney.com

Share with us your creative ideas of how you use our honey. Send an email to admin@volcanoislandhoney.com.