

Hot Honey

Items Needed: saucepot, glass container, mixing spoon

Makes: 16 – 1 Tbsp portions

Ingredients:

- 1 cup honey
- 2 tsp red pepper flakes
- 1 tbsp white vinegar, you can use apple cider vinegar if you prefer.

Directions:

1. To a medium saucepot, add honey and red pepper flakes, bring to a simmer.
2. Turn off the heat and stir in the vinegar.
3. Place hot honey in a glass jar and allow to cool to room temperature.
4. Serve over salmon, chicken, goat cheese, carrots, beets etc.

Nutrition Information (per 1/16th recipe):

Calories: 47 Fat: 0 g Carbs: 11.5 g Protein: 0 g Fiber: 0 g Sodium: 0 mg

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