

## MANUKA CALENDAR

POP ME ON THE FRIDGE  
and mark off your daily  
Manuka Honey usage.




*See below for our  
usage suggestions.*

1	2	3	4	5 <small>Great work. Keep it up!</small>
6	7	8	9	10 <small>How are you feeling? Let us know! #newzealandhoneyco</small>
11	12	13	14	15
16 <small>Discovered all the amazing uses of Manuka Honey yet?</small>	17	18	19	20
21	22	23	24 <small>Tried all the tips already? Don't forget to stock up!</small>	25
26	27	28	29	30 <small>Well Done! Feels better, right? Now keep up the healthy habits!</small>



## DRINKS & SMOOTHIES

Energise your tea, coffee,  
water & smoothies with a  
spoonful of Manuka Honey.

-  Add to your morning water for natural energy
-  Combine with lemon and ginger for an uplifting tea
-  Add to your drink bottle before a workout
-  Add to your daily smoothie for natural sweetness and energy
-  Add to turmeric and apple cider vinegar for an energetic tonic

## FOOD & BAKING

Glazes, marinades, baking & more. Substitute sugar for a healthier, tastier dish.

-  Spread on toast for a healthy, tasty breakfast or snack
-  Drizzle over breakfast pancakes, French toast or sizzling bacon
-  Use as a glaze for a variety of meats
-  Drizzle over granola, porridge or chia pudding
-  The perfect complement to your cheese & crackers
-  Use as an alternative to sugar in homemade baking
-  Use in a salad dressing. Great with apple cider vinegar, tahini and S+P
-  Great in marinades. Try soy sauce, ginger and garlic.

## HEALTH & BEAUTY

Add Manuka Honey to your health & beauty routine and benefit from its natural properties.

-  Apply a layer of Manuka Honey directly to the face for a purifying facial
-  Apply directly to hair, massage and rinse to improve a dry scalp
-  Mix with turmeric for an acne spot treatment
-  Mix with coffee grounds for a nourishing body exfoliant
-  Apply a small amount to eczema or other skin rashes
-  Apply to external cuts, scrapes and abrasions. Cover with band-aid/gauze
-  Apply to shaving cuts and rashes
-  Take a spoonful a day for general health & wellbeing

