

## Cinnamon & Honey on Toast

### Ingredients:

- 2 pieces of whole wheat bread
- 2 pats of butter (or margarine)
- 2 teaspoons of cinnamon
- 4 tablespoons of Honey from the Hives of **The Burrs and the Bees**



### Instructions:

1. Toast 2 slices of bread
2. Spread butter or margarine
3. Sprinkle cinnamon over toast and let melt into butter
4. Spread honey over cinnamon and toast
5. Enjoy while reading <http://www.theburrsandthebees.ca/cinnamonandhoney.htm>

Serves 1

### Nutritional Information per Serving

- Carbohydrates: 96 grams
- Fat: 8 grams
- Fibre: 3 grams
- Protein: 6 grams