



GROOVEHONEY.COM

PRODUCT INFO

ABOUT GROOVE

Adventurer and foodie, Chris Taylor, founded Groove Honey as a way to provide a healthier and convenient snack option to those seeking an alternative to the processed snack foods that control the market.

THE NAME

Groove Honey got its name from the Waggle Dance that is done by honey bees in their hives. This "figure-of-eight" dance is how the worker bee tells their fellow colleagues they have found nectar.

MISSION

Groove Honey is dedicated to the highest quality of honey delivered with authenticity, pride and sincerity

OUR HONEY STICKS

- 1 tsp (5 grams) of honey per stick.
- Each honey stick is 15 calories.
- Certified Kosher by the Orthodox Union.
- The sticks are BPA free and food grade, made of polypropylene.
- Honey is naturally colored and flavored.
- Honey should not be fed to infants under one year of age or to individuals with a compromised immune system.

IDEAS ON HOW TO USE

Popular Beverage Combinations

CREATIVE TASTES

- Drizzle on cheese
- Add to a butter spread
- On top of salads & oatmeal
- Drizzle on Fruit
- Add to smoothies
- Make a vinaigrette dressing or honey lemonade

How To Open The Honey Stick

PRACTICE MAKES PERFECT!!!

- Pinch one end of the stick to apply pressure on the opposite end.
- Put the opposite end vertically between your top and bottom front teeth.
- Gently bite down until the seal pops open.
- Enjoy!!

*Crystallized honey is normal, simply heat up to liquidate and enjoy!

