

## NEED A PROTEIN BOOST? GET TO BLACK HONEY



Lisa Dixon likes to build protein into her meals, particularly lunch and dinner. That's why the owner of Black Honey on Hunter Street has created the bacon, tomato and avocado (BTA) or the egg, tomato and avocado (ETA) house specialties served on romaine lettuce, dressed with a blue gouda vinaigrette accompanied by brown molasses bread. "These salads are loaded with protein and fat that's good for you," Lisa says. "Nothing is fried here and the bread is home made so it doesn't contain any preservatives."

A self-confessed sugar fiend, Lisa says it's important to balance sugar with protein to keep blood sugar levels even throughout the day. "It's important for people to understand we're creating dishes that are good for them and the time of day they should be consumed," she says. "All we ask is that you save room for dessert."

*Black Honey is located at 221 Hunter Street West, Peterborough (705) 750-0014*