Sweet and Simple Honey Use Ideas

**Sweet and Sour Morning**
Start your day with a drizzle of honey over fresh grapefruit halves. If desired, microwave for 1 to 2 minutes for a warm treat.

**Make Mine a PBB**
For a lunch box change, mix together peanut butter and honey and spread on your favorite bread. Add slices of banana on top.

**Butter Up**
Blend 1/2 cup butter with 1/4 cup honey and add chopped dried fruits, nuts and cinnamon. Spread on your favorite muffin.

**Nut’n Honey**
For some quick after school energy, mix 1/2 cup peanut butter with 1/4 cup honey for a tasty dip for apple and pear slices.

**Banana Pops**
For a fun snack or dessert, cut a banana in half and insert a wooden craft stick into cut end. Spread honey over the banana and roll the banana in chopped nuts or crushed graham crackers.

**Honey Chick Dip**
For an easy dip for chicken nuggets, blend equal parts of honey, mustard and mayonnaise.

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**Honey Cooking Tips**
Let’s face it, honey can be sticky. For easier measuring, coat the measuring cup or spoon with cooking spray before adding honey.

Honey is sweeter than table sugar. You can use less honey than sugar in recipes for that reason.

The flavor of honey depends on where the bees buzzed. In general, lighter-colored honeys are milder in flavor while darker-colored honeys are bolder.

Store honey at room temperature, not in the refrigerator.

If honey crystallizes or granulates (and most do over time), simply place the honey container in warm water and stir until crystals dissolve.

**Note:** Honey should not be fed to babies less than one year of age. Honey is a safe and wholesome food for older children and adults.

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**For more information on honey and honey bees, visit [www.honey.com](http://www.honey.com) or write to the National Honey Board 390 Lashley Street / Longmont, CO 80501**

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**U Need H2O**
No matter what type of physical activity you choose, you should always drink plenty of water — before, during and after you exercise. A squeeze of honey in your water bottle is an easy substitute for a sports drink.

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**Bee Fit**
Regular exercise is one of the most important things you can do. It’s recommended that kids and adults get at least 30 minutes of physical activity each day. Rigorous activity helps strengthen your muscles and your heart. Best of all, it’s fun. So get moving — walk the dog, play catch with a friend or join a sports team.

Your body needs energy to keep you going. The more active you are, the more energy your body needs. The recipes inside are easy-to-make and combine natural honey with other good-for-you foods.

Research shows that honey is a good energy source for exercise. It may help an athlete’s endurance and help muscles recuperate following a race or workout.

Unlike other sweeteners, honey has vitamins, minerals and amino acids as well as antioxidants.

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For back issues of Healthy Honey Tips and Recipes for Active Kids, please contact the National Honey Board at 390 Lashley Street, Longmont, Colorado 80501.
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**Sweet and Simple Honey Use Ideas**

**Bee Nutty**

**Bee Cool**

**Bee Fit**

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Bee Nutty
Healthy Honey Tips and Recipes for Active Kids

Bee Cool
Healthy Honey for Active Kids

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Bee Fit Breakfast Parfait

1 
1/2 
1/2
1/2

1/4

The number of calories you need varies depending on how active you are.

Shake It Up Honey Fruit Smoothie

1 cup 1% milk
1 cup crushed ice
2 cups fresh or frozen fruit (bananas, peaches, strawberries)
1/2 cup honey
1 cup (8 oz.) plain or vanilla low-fat yogurt
1 teaspoon vanilla extract

In blender or food processor, combine all ingredients; blend until smooth. Makes 4 servings.

Nutrition information per serving (1 parfait): calories 408; total fat 9 g; cholesterol 4 mg; total carbohydrate 42 g; dietary fiber 4 g; protein 8 g; calories from fat 19%

An Ounce of Energy

With the energy from just one ounce of honey a bee could fly around the world. Your body needs energy too. A kid who is 56 inches tall and weighs 80 pounds needs could fly around the world. Your body needs energy too. A kid who is 56 inches tall and weighs 80 pounds needs

The Buzz

A honey bee flaps her wings approximately 11,000 times every minute. That's what makes the buzzing sound. Walking or jogging 11,000 steps every day will help you stay in shape — and you get a day not just a minute to stay in shape — and you get a day not just a minute to

The Buzz

A honey bee flaps her wings approximately 11,000 times every minute. That's what makes the buzzing sound. Walking or jogging 11,000 steps every day will help you stay in shape — and you get a day not just a minute to do it!

Worker Bees

The majority of the honey bees in a hive are called “worker bees” because they work so hard. They build the wax cells in the hive, gather nectar and pollen, clean the hive and protect the hive from intruders. When you work around your house this counts as physical activity, too, so help rake the yard and clean your room.

Bee Cool Flavored Milk

To help your bones grow, you need dairy products, such as milk, everyday. Flavor up your milk with these fun syrups.

Choco-Cinnamon Syrup

3/4 cup honey
3/4 cup unsweetened cocoa powder
1-1/2 teaspoons ground cinnamon
3/4 cup warm water

In medium milk, blend honey with cocoa powder and cinnamon to form a paste. Blend in warm water. Store in an airtight container in refrigerator. To serve, stir 2 tablespoons syrup (or more, to taste) into 8 oz. cold milk. Makes 12 servings (1-1/2 cups syrup).

Nutrition information per serving (2 tablespoons syrup in 8 oz. 1% milk): calories 180; total fat 3 g; cholesterol 10 mg; sodium 125 mg; total carbohydrate 23 g; dietary fiber 2 g; protein 2 g; calories from fat 14%

Blueberry Syrup

1 cup frozen unsweetened blueberries, thawed
1/2 cup honey
1/4 cup warm water

In blender, combine all ingredients. Cover and blend until smooth. Store in an airtight container. To serve, stir 2 tablespoons syrup (or more, to taste) into 8 oz. cold milk. Makes 12 servings (1-1/2 cups syrup).

Nutrition information per serving (2 tablespoons syrup in 8 oz. 1% milk): calories 150; total fat 2.5 g; cholesterol 10 mg; sodium 125 mg; total carbohydrate 23 g; dietary fiber 0.9 g; protein 8 g; calories from fat 14%

Orange Blossom Syrup

1 cup honey
1/2 cup warm water
2 tablespoons grated orange peel
1 teaspoon orange extract

In medium bowl, blend together all ingredients until thoroughly combined. Store in an airtight container. To serve, stir 2 tablespoons syrup (or more, to taste) into 8 oz. cold milk. Makes 12 servings (1-1/2 cups syrup).

Nutrition information per serving (2 tablespoons syrup in 8 oz. 1% milk): calories 190; total fat 2.5 g; cholesterol 10 mg; sodium 125 mg; total carbohydrate 36 g; dietary fiber 0.9 g; protein 8 g; calories from fat 11%

Nutrition information per serving (1 parfait): calories 408; total fat 9 g; cholesterol 4 mg; total carbohydrate 42 g; dietary fiber 4 g; protein 8 g; calories from fat 19%

Mixed Berry Roller-ups

1 cup diced strawberries
1 cup blueberries
1 cup raspberries
1/3 cup honey
1 Tablespoon grated orange peel
4 10-inch flour tortillas
1/4 cup light cream cheese

In medium mixing bowl, place berries; gently stir in honey and orange peel. Arrange tortillas on work surface. Spread 1 Tablespoon cream cheese evenly over one side of each tortilla. Spoon about 3/4 cup honey fruit mixture down center of each tortilla. Fold in ends, and then roll, starting at one side, to form a burrito-like roll. Serve at once. Makes 4 servings.

Nutrition information per serving (1 roller-up): calories 410; total fat 8 g; cholesterol 10 mg; sodium 420 mg; total carbohydrate 77 g; dietary fiber 6.5 g; protein 9 g; calories from fat 17%

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Chewy Honey Oatmeal Cookies

1/2 cup butters or margarine, softened
1/2 cup granulated sugar
1 cup honey
1 large egg
1 teaspoon vanilla extract
1-1/2 cups quick cooking rolled oats
1 cup whole wheat flour
1/4 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1 cup raisins, chocolate or butterscotch chips

In medium bowl, beat butter with sugar until thoroughly blended. Blend in honey. Blend in egg and vanilla mixing until smooth. In separate bowl, mix together oats, flour, salt, cinnamon and baking soda; blend into honey mixture. Blend in raisins or chips. Drop dough by rounded tablespoonfuls onto greased baking sheet. Bake at 350°F for 12 to 14 minutes until cookies are golden brown. Remove from oven and allow cookies to cool 2 to 3 minutes before removing from baking sheet. Cool completely then store in an airtight container. Makes 24 cookies.

Nutrition information per serving (1 cookie with raisins): calories 130; total fat 4.5 g; cholesterol 20 mg; sodium 85 mg; total carbohydrate 23 g; dietary fiber 2 g; protein 2 g; calories from fat 29%

High altitude adjustment: Increase oats to 2 cups and decrease whole wheat flour to 3/4 cup.

Note: Ovens are hot, so play it safe and have an adult helper give you a hand with this one. Okay, let them help lift the bowl too!

Nutrition information per serving (1 parfait): calories 408; total fat 9 g; cholesterol 4 mg; total carbohydrate 42 g; dietary fiber 4 g; protein 8 g; calories from fat 19%

Mixed Berry Roller-ups

1 cup diced strawberries
1 cup blueberries
1 cup raspberries
1/3 cup honey
1 Tablespoon grated orange peel
4 10-inch flour tortillas
1/4 cup light cream cheese

In medium mixing bowl, place berries; gently stir in honey and orange peel. Arrange tortillas on work surface. Spread 1 Tablespoon cream cheese evenly over one side of each tortilla. Spoon about 3/4 cup honey fruit mixture down center of each tortilla. Fold in ends, and then roll, starting at one side, to form a burrito-like roll. Serve at once. Makes 4 servings.

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Bee Fit Breakfast Parfait

1 large banana, sliced
1/2 cup granary crunch
1/3 cup honey
1/2 cup plain yogurt

Reserve several slices of banana for garnish (decoration for the top)
Layer 1/4 of the sliced banana, 1 Tablespoon honey, 2 Tablespoons yogurt, 2 Tablespoons granola, 1/4 of the sliced banana, 1 Tablespoon honey, 2 Tablespoons yogurt and 2 Tablespoons granola in a tall glass. Repeat for the second parfait. Place the remaining banana slices on top and drizzle with honey. Makes 2 parfaits.

Nutrition information per serving (1 parfait): calories 408; total fat 9 g; cholesterol 4 mg; sodium 47 mg; total carbohydrate 80 g; dietary fiber 4 g; protein 8 g; calories from fat 19%

Take a Dip Honey

1-1/2 cups sour cream
1/3 cup grated Parmesan cheese
3 Tablespoons lemon juice
2 Tablespoons honey
1 Tablespoon dried onion flakes
2 teaspoons Italian herbs
1 teaspoon garlic salt
6 cups assorted vegetables, such as carrot, celery and bell pepper sticks, cucumber slices and cherry tomatoes

In medium bowl, whisk together all ingredients except vegetables until thoroughly blended. Cover and chill until ready to serve. With assorted vegetables for dipping. Makes 12 servings (1-1/2 cups dip).

Nutrition information per serving (2 Tablespoons dip with 1/2 cup vegetables): calories 100; total fat 7 g; cholesterol 15 mg; sodium 105 mg; total carbohydrate 9 g; dietary fiber <1 g; protein 2 g; calories from fat 19%

Mixed Berry Roller-ups

1 cup diced strawberries
1 cup blueberries
1 cup raspberries
1/3 cup honey
1 Tablespoon grated orange peel
4 10-inch flour tortillas
1/4 cup light cream cheese

In medium mixing bowl, place berries; gently stir in honey and orange peel. Arrange tortillas on work surface. Spread 1 Tablespoon cream cheese evenly over one side of each tortilla. Spoon about 3/4 cup honey fruit mixture down center of each tortilla. Fold in ends, and then roll, starting at one side, to form a burrito-like roll. Serve at once. Makes 4 servings.

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Bee Cool Flavored Milk

To help your bones grow, you need dairy products, such as milk, everyday. Flavor up your milk with these fun syrups.

Choco-Cinnamon Syrup

3/4 cup honey
3/4 cup unsweetened cocoa powder
1-1/2 teaspoons ground cinnamon
3/4 cup warm water

In medium bowl, blend honey with cocoa powder and cinnamon to form a paste. Blend in warm water. Store in an airtight container in refrigerator. To serve, stir 2 Tablespoons syrup (or more, to taste) into 8 oz. cold milk. Makes 12 servings (1-1/2 cups syrup).

Nutrition information per serving (2 Tablespoons syrup in 8 oz. 1% milk) calories 140; total fat 5 g; cholesterol 10 mg; sodium 105 mg; total carbohydrate 23 g; dietary fiber 2 g; protein 9 g; calories from fat 14%

Blueberry Syrup

1 cup frozen unsweetened blueberries, thawed
1-1/2 tablespoons honey
1/4 cup warm water

In blender, combine all ingredients. Cover and blend until smooth. Store in an airtight container. To serve, stir 2 Tablespoons syrup (or more, to taste) into 8 oz. cold milk. Makes 12 servings (1-1/2 cups syrup).

Nutrition information per serving (2 Tablespoons syrup in 8 oz. 1% milk) calories 150; total fat 2.5 g; cholesterol 10 mg; sodium 125 mg; total carbohydrate 26 g; dietary fiber 0 g; protein 8 g; calories from fat 14%

Orange Blossom Syrup

1 cup honey
1/2 cup warm water
2 Tablespoons grated orange peel
1/2 teaspoon orange extract

In medium bowl, blend together all ingredients until thoroughly combined. Store in an airtight container in refrigerator. To serve, stir 2 Tablespoons syrup (or more, to taste) into 8 oz. cold milk. Makes 12 servings (1-1/2 cups syrup).

Nutrition information per serving (2 Tablespoons syrup in 8 oz. 1% milk) calories 190; total fat 2.5 g; cholesterol 10 mg; sodium 125 mg; total carbohydrate 36 g; dietary fiber 0 g; protein 8 g; calories from fat 11%

Worker Bees

The majority of the honey bees in a hive are called “worker bees” because they work so hard. They build the wax cells in the hive, gather nectar and pollen, clean the hive and protect the hive from intruders. When you work around your house this counts as physical activity too, so help rake the yard and clean your room.

Chewy Honey Oatmeal Cookies

1/2 cup butter or margarine, softened
1/2 cup granulated sugar
1 cup honey
1 large egg
1 teaspoon vanilla extract
1-1/2 cups quick cooking rolled oats
1 cup whole wheat flour
1/4 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1 cup raisins, chocolate or butterscotch chips

In medium bowl, beat butter with sugar until thoroughly blended. Blend in honey. Blend in egg and vanilla mixing until smooth. In separate bowl, mix together flour, salt, cinnamon and baking soda; blend into honey mixture. Blend in raisins or chips. Drop dough by rounded tablespoon onto greased baking sheet. Bake at 350°F for 12 to 14 minutes until cookies are golden brown. Remove from oven and allow cookies to cool 2 to 3 minutes before removing from baking sheet. Cool completely then store in an airtight container. Makes 24 cookies.

Nutrition information per serving (1 cookie with raisins): calories 130; total fat 4.5 g; cholesterol 20 mg; sodium 85 mg; total carbohydrate 23 g; dietary fiber 2 g; protein 2 g; calories from fat 29%

High altitude adjustment: Increase oats to 2 cups and decrease whole wheat flour to 3/4 cup.

Note: Ovens are not, so play it safe and have an adult helper give you a hand with this one. Okay, let them help lick the bowl too!
Take a Dip Honey
1-1/2 cups sour cream
1/3 cup grated Parmesan cheese
3 Tablespoons lemon juice
2 Tablespoons honey
Tablespoon dried onion flakes
2 teaspoons Italian herbs
1 teaspoon garlic salt
6 cups assorted vegetables, such as carrot, celery and bell pepper sticks, cucumber slices and cherry tomatoes

In medium bowl, whisk together all ingredients except vegetables until thoroughly blended. Cover and chill until ready to serve. With assorted vegetables for dipping. Makes 12 servings (1-1/2 cups dip).

Nutrition information per serving (1 parfait): calories 408; total fat 9 g; cholesterol 4 mg; sodium 47 mg; total carbohydrate 80 g; dietary fiber 4 g; protein 8 g; calories from fat 19%

Mixed Berry Roller-ups
1 cup diced strawberries
1 cup blueberries
1 cup raspberries
1/3 cup honey
1 Tablespoon grated orange peel
4-10 inch flour tortillas
1/4 cup light cream cheese

In medium mixing bowl, place berries; gently stir in honey and orange peel. Arrange tortillas on work surface. Spread 1 Tablespoon cream cheese evenly over one side of each tortilla. Spoon about 3/4 cup honey fruit mixture down center of each tortilla. Fold in ends, and then roll, starting at one side, to form a burrito-like roll. Serve at once. Makes 4 servings.

Nutrition information per serving (1/4 of recipe): calories 220; total fat 7 g; cholesterol 0 mg; sodium 85 mg; total carbohydrate 34 g; dietary fiber 1 g; protein 3 g; calories from fat 15%

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Blueberry Syrup
1 cup frozen unsweetened blueberries, thawed
1 1/2 cups water
1/4 cup warm water

In blender, combine all ingredients. Cover and blend until smooth. Store in an airtight container. To serve, stir 2 Tablespoons syrup (or more, to taste) into 8 oz. cold milk. Makes 12 servings (1-1/2 cups syrup).

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2 Tablespoons grated orange peel
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1/2 cup granulated sugar
1 1/2 cups honey
1 large egg
1 teaspoon vanilla extract
1-1/2 cups quick cooking rolled oats
1 cup whole wheat flour
1/4 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1 cup raisins, chocolate or butterscotch chips

In medium bowl, beat butter with sugar until thick and smooth. Blend in egg and vanilla mixing until smooth. In separate bowl, mix together flour, oat, salt, cinnamon and baking soda; blend into honey mixture. Blend in raisins or chips. Drop dough by rounded tablespoon onto greased baking sheet. Bake at 350°F for 12 to 14 minutes until cookies are golden brown. Remove from oven and allow cookies to cool 2 to 3 minutes before removing from baking sheet. Cool completely then store in an airtight container. Makes 24 cookies.

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High altitude adjustment: Increase oats to 2 cups and decrease whole wheat flour to 3/4 cup.

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Bee Fit Breakfast Parfait

1 large banana, sliced
1/2 cup crunchy granola
1/3 cup honey
1/2 cup plain yogurt

Reserve several slices of banana for garnish (decoration for the top).
Layer 1/4 of the sliced banana, 1 Tablespoon honey, 2 Tablespoons yogurt, 2 Tablespoons granola, 1/4 of the sliced banana, 1 Tablespoon honey, 2 Tablespoons yogurt and 2 Tablespoons granola in a tall glass. Repeat for the second parfait. Place the remaining banana slices on top and drizzle with honey. Makes 2 parfaits.

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3 Tablespoons lemon juice
2 Tablespoons honey
1 Tablespoon dried onion flakes
2 teaspoons Italian herbs
1 teaspoon garlic salt
6 cups assorted vegetables, such as carrot, celery and bell pepper sticks, cucumber slices and cherry tomatoes

In medium bowl, whisk together all ingredients except vegetables until thoroughly blended. Cover and chill until ready to serve. With assorted vegetables for dipping. Makes 12 servings (1-1/2 cups dip).

Nutrition information per serving (2 Tablespoons dip with 1/2 cup vegetables): calories 100; total fat 7 g; cholesterol 15 mg; sodium 150 mg; total carbohydrate 9 g; dietary fiber <1 g; protein 2 g; calories from fat 9%.

Mixed Berry Roller-ups
1 cup diced strawberries
1 cup blueberries
1 cup raspberries
1/3 cup honey
1 Tablespoon grated orange peel
4 10-inch flour tortillas
1/4 cup light cream cheese

In medium mixing bowl, place berries; gently stir in honey and orange peel. Arrange tortillas on work surface. Spread 1 Tablespoon cream cheese evenly over one side of each tortilla. Spoon about 3/4 cup honey fruit mixture down center of each tortilla. Fold in ends, and then roll, starting at one side, to form a burrito-like roll. Serve at once. Makes 4 servings.

Nutrition information per serving (1 roll-up): calories 410; total fat 8 g; cholesterol 10 mg; sodium 420 mg; total carbohydrate 77 g; dietary fiber 6 g; protein 9 g; calories from fat 17%.

The Buzz
A honey bee flaps her wings approximately 11,000 times every minute. That’s what makes the buzzing sound. Walking or jogging 11,000 steps every day will help you stay in shape — and you get a day not just a minute to do it!

Bee Cool Flavored Milk
To help your bones grow, you need dairy products, such as milk, everyday. Flavor up your milk with these fun syrups.

Choco-Cinnamon Syrup
3/4 cup honey
3/4 cup unsweetened cocoa powder
1-1/2 teaspoons ground cinnamon
3/4 cup warm water

In medium bowl, blend honey with cocoa powder and cinnamon to form a paste. Blend in warm water. Store in an airtight container in refrigerator. To serve, stir 2 Tablespoons syrup (or more, to taste) into 8 oz. cold milk. Makes 12 servings (1-1/2 cups syrup).

Nutrition information per serving (2 Tablespoons syrup in 8 oz. 1% milk): calories 180; total fat 3 g; cholesterol 10 mg; sodium 125 mg; total carbohydrate 23 g; dietary fiber 2 g; protein 9 g; calories from fat 14%.

Blueberry Syrup
1 cup frozen unsweetened blueberries, thawed
1/2 cup honey
1/4 cup warm water

In blender, combine all ingredients. Cover and blend until smooth. Store in an airtight container. To serve, stir 2 Tablespoons syrup (or more, to taste) into 8 oz. cold milk. Makes 12 servings (1-1/2 cups syrup).

Nutrition information per serving (2 Tablespoons syrup in 8 oz. 1% milk): calories 150; total fat 2.5 g; cholesterol 10 mg; sodium 125 mg; total carbohydrate 25 g; dietary fiber 0.9 g; protein 8 g; calories from fat 14%.

Orange Blossom Syrup
1 cup honey
1/2 cup warm water
2 Tablespoons grated orange peel
1/2 teaspoon orange extract

In medium bowl, blend together all ingredients until thoroughly combined. Store in an airtight container in refrigerator. To serve, stir 2 Tablespoons syrup (or more, to taste) into 8 oz. cold milk. Makes 12 servings (1-1/2 cups syrup).

Nutrition information per serving (2 Tablespoons syrup in 8 oz. 1% milk): calories 190; total fat 2.5 g; cholesterol 10 mg; sodium 125 mg; total carbohydrate 36 g; dietary fiber 0.9 g; protein 8 g; calories from fat 11%.

Chewy Honey Oatmeal Cookies
1/2 cup butter or margarine, softened
1/2 cup granulated sugar
1/2 cup honey
1 large egg
1 teaspoon vanilla extract
2 cups quick cooking rolled oats
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/2 cup raisins, chocolate or butterscotch chips

In medium bowl, beat butter with sugar until thoroughly blended. Blend in honey. Blend in egg and vanilla mixing until smooth. In separate bowl, mix together oats, flour, salt, cinnamon and baking soda; blend into honey mixture. Blend in raisins or chips. Drop dough by rounded tablespoonfuls onto greased baking sheet. Bake at 350°F for 12 to 14 minutes until cookies are golden brown. Remove from oven and allow cookies to cool 2 to 3 minutes before removing from baking sheet. Cool completely then store in an airtight container. Makes 24 cookies.

Nutrition information per serving (1 cookie with raisins): calories 130; total fat 4.5 g; cholesterol 20 mg; sodium 85 mg; total carbohydrate 23 g; dietary fiber 2 g; protein 2 g; calories from fat 29%.

High altitude adjustment: Increase oats to 2 cups and decrease whole wheat flour to 2/4 cup.

Note: Ovens are hot, so play it safe and have an adult helper give you a hand with this one. Okay, let them help lick the bowl too!
**Sweet and Simple Honey Use Ideas**

**Sweet and Sour Morning**
Start your day with a drizzle of honey over fresh grapefruit halves. If desired, microwave for 1 to 2 minutes for a warm treat.

**Make Mine a PBB**
For a lunch box change, mix together peanut butter and honey and spread on your favorite bread. Add slices of banana on top.

**Baskets**
Playing basketball or just shooting hoops builds your strength and coordination. Honey bees have special baskets on their legs to carry pollen back to the hive after they “score” on some blossoms. It’s a slam dunk!

**Butter Up**
Blend 1/2 cup butter with 1/4 cup honey and add chopped dried fruits, nuts and cinnamon. Spread on your favorite muffin.

**Nut’n Honey**
For some quick after school energy, mix 1/2 cup peanut butter with 1/4 cup honey for a tasty dip for apple and pear slices.

**Banana Pops**
For a fun snack or dessert, cut a banana in half and insert a wooden craft stick into cut end. Spread honey over the banana and roll the banana in chopped nuts or crushed graham crackers.

**Honey Chick Dip**
For an easy dip for chicken nuggets, blend equal parts of honey, mustard and mayonnaise.

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**Honey Cooking Tips**

Let’s face it, honey can be sticky. For easier measuring, coat the measuring cup or spoon with cooking spray before adding honey.

Honey is sweeter than table sugar. You can use less honey than sugar in recipes for that reason.

The flavor of honey depends on where the bees buzzed. In general, lighter-colored honeys are milder in flavor while darker-colored honeys are bolder.

Store honey at room temperature, not in the refrigerator.

If honey crystallizes or granulates (and most do over time), simply place the honey container in warm water and stir until crystals dissolve.

Note: Honey should not be fed to babies less than one year of age. Honey is a safe and wholesome food for older children and adults.

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**Bee Nutty**

**Bee Cool**

**Bee Fit**

**Healthy Honey Tips and Recipes for Active Kids**

For more information on honey and honey bees, visit [www.honey.com](http://www.honey.com) or write to the National Honey Board
390 Lashley Street / Longmont, CO 80501

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**“Bee-ing” fit is about staying active and eating right.**

Regular exercise is one of the most important things you can do. It’s recommended that kids and adults get at least 30 minutes of physical activity each day. Rigorous activity helps strengthen your muscles and your heart. Best of all, it’s fun. So get moving — walk the dog, play catch with a friend or join a sports team.

Your body needs energy to keep you going. The more active you are, the more energy your body needs. The recipes inside are easy-to-make and combine natural honey with other good-for-you foods.

Research shows that honey is a good energy source for exercise. It may help an athlete’s endurance and help muscles recuperate following a race or workout.

Unlike other sweeteners, honey has vitamins, minerals and amino acids as well as antioxidants.

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**U Need H2O**

No matter what type of physical activity you choose, you should always drink plenty of water — before, during and after you exercise. A squeeze of honey in your water bottle is an easy substitute for a sports drink.