



Bee Nutty



Bee Cool

Bee Fit



*Healthy
Honey
Tips and
Recipes
for Active
Kids*

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.

“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.



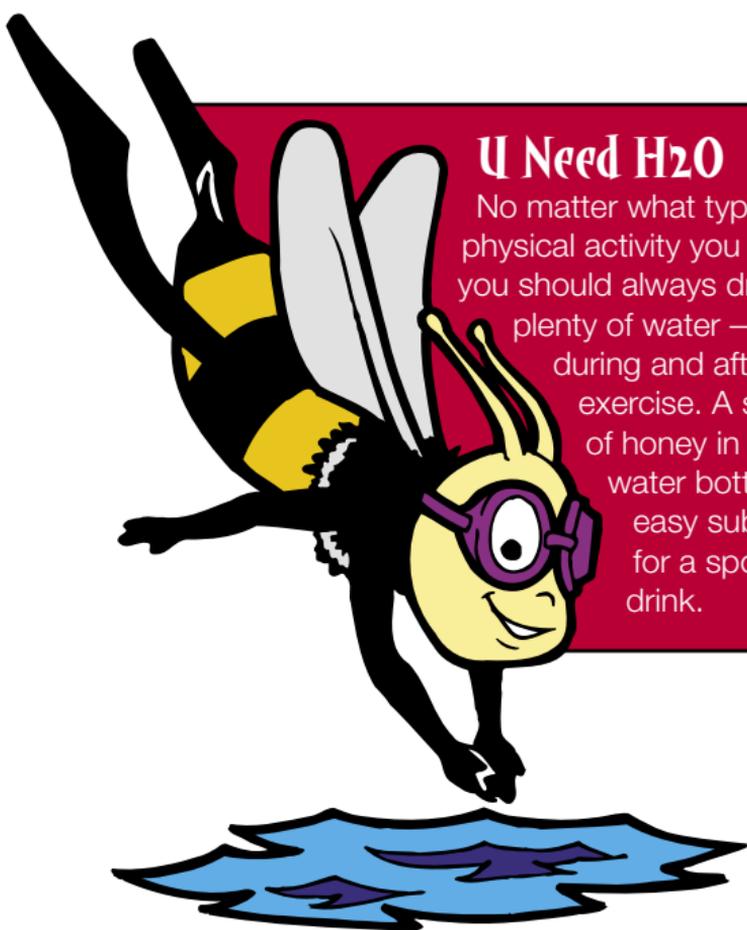
Your body needs energy to keep you going. The more active you are, the more energy your body needs. The recipes inside are easy-to-make and combine natural honey with other good-for-you foods.

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.

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.



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.*

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%

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 to consume between 1,500 to 2,500 calories per day. 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 (1/4 of recipe): calories 220; total fat 79 g; cholesterol 6 mg; sodium 78 mg; total carbohydrate 48 g; dietary fiber 1 g; protein 6 g; calories from fat 7%

Note: Blenders and food processors can be tricky, so when you need to use one, ask an adult helper for assistance. And, if you don't want to spend the afternoon cleaning, make sure to put the lid on tight!

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. 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 8 g; dietary fiber <1 g; protein 2 g; calories from fat 59%

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 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 33 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 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
- 1/2 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 lick the bowl too!

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.



For more information on honey and honey bees,
visit **www.honey.com** or write to the

National Honey Board

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