

Honey Care to Take a Dip

Surprise your family and make this recipe for a dessert that tastes good and is good for you.

- Makes 2-1/4 cups -



Ingredients

1 pint (16 oz.) low-fat plain yogurt
1/4 cup honey
2 Tablespoons orange juice
1/2 teaspoon grated orange peel
Assorted fruits, for dipping

Directions

Combine yogurt in a small bowl with honey, orange juice and orange peel; mix well. Serve with sliced fruit.

Tips

The Science of Honey: Destination Pollination

Honey bees pollinate flowers. Without pollination, you wouldn't get many fruits and vegetables. Pollination is the transfer of pollen from the male parts of a flower to the female parts of the same or another flower.

Note: Honey should not be fed to infants under one year of age. Honey is a safe and wholesome food for children and adults.

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