



HONEY I LOVE YOU

Simple and Sweet
Honey Recipes.

HONEY BERRY MILKSHAKES

INGREDIENTS:

- 1 pint nonfat vanilla frozen yogurt or ice cream
 - 2-1/2 cups strawberries or assorted berries
 - 1/2 cup nonfat milk
 - 1/4 cup honey
 - 4 small mint sprigs
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DIRECTIONS:

Combine all ingredients except mint sprigs in blender or food processor; blend about 30 seconds or until smooth. Pour into tall glasses. Garnish with mint sprigs.
Makes 4 cups.

BREAKFAST WAFFLE CLUB SANDWICH W/HONEY APPLE SYRUP

INGREDIENTS:

3/4 cup honey, divided	2 crisp, red apples, cored and sliced
1/4 cup apple juice	8 frozen waffles, toasted
2 tablespoons butter or margarine	8 thin slices ham

DIRECTIONS:

To prepare syrup, place 1/2 cup honey and apple juice in small saucepan over medium heat; heat through. Set aside and keep warm. Melt butter and remaining 1/4 cup honey in large nonstick skillet over medium-high heat. Add apples; cook and stir about 4 minutes or until apples are lightly caramelized and crisp-tender. For each serving, place 2 waffles on plate, overlapping slightly. Top each waffle with 1 slice ham. Top with 1/4 of apple mixture and drizzle with 1/4 of syrup.

Makes 4 servings.

E-mails. Deadlines. Traffic. Cell phones.

Let's face it. With today's active lifestyles, we all seem to be as busy as bees.

These recipes were created to help you rediscover the simple, sweet pleasures of life. The aroma of freshly baked carrot cake. Licking your fingers after a leisurely breakfast. Savoring the sweetness of a luscious honey-caramelized dessert, the perfect finish to your meal. Hearing those special words – "Honey I Love You."

All-natural, delicious honey. It's one of life's sweetest rewards.

HONEY I LOVE YOU TIPS

COLOR, FLAVOR AND FORM

Honeys differ in color and taste depending on the blossoms visited by the honey bees. Honey can be enjoyed in several forms – comb honey, liquid honey and crème honey.

STORAGE

Store honey at room temperature, never in the refrigerator. If honey crystallizes, simply place the honey container in warm water and stir until crystals dissolve. Or, microwave 1 cup of honey in microwave-safe container, stirring every 30 seconds, until crystals dissolve. Be careful not to boil or scorch the honey.

HEALTH BENEFITS

Research has shown that unlike most other sweeteners, honey contains small amounts of a wide array of vitamins, minerals and trace minerals as well as antioxidants.

Honey's composition also makes it an effective antimicrobial agent, useful for treating minor burns and scrapes, and for aiding the treatment of sore throats and other bacterial infections.

SUBSTITUTION AND COOKING TIPS

For best results, use recipes developed for using honey. When you substitute honey for granulated sugar in recipes, begin by substituting honey for up to half of the sugar called for in the recipe. With experimentation, honey can be substituted for all the sugar in some recipes. When substituting honey for sugar in baked goods:

- ❖ Reduce the liquid in the recipe by 1/4 cup for each cup of honey used.
- ❖ Add about 1/2 teaspoon baking soda for each cup of honey used.
- ❖ Reduce oven temperature by 25 degrees to prevent over-browning.

For easy measuring, coat measuring cup or spoon with cooking spray before adding honey.

A 12-ounce jar of honey equals a standard measuring cup.

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

MIXED GREENS W/SHRIMP AND GRAPEFRUIT

INGREDIENTS:

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| 1/4 cup honey | 1 cup grapefruit sections |
| 1/4 cup white wine vinegar | 2 tablespoons minced fresh mint |
| 8 cups mixed greens | Salt and ground black pepper, |
| 1/2 pound cooked shrimp, shelled
and deveined | to taste |
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DIRECTIONS:

In small bowl, whisk together honey and vinegar. Set aside. In large bowl, combine greens, shrimp, grapefruit and mint. Gently toss salad with dressing. Season with salt and pepper to serve. *Makes 4 servings.*

HONEY CARROT SNACKING CAKE

INGREDIENTS:

1/2 cup butter or margarine, softened	1 cup all-purpose flour
1 cup honey	1 cup whole wheat flour
2 eggs	2 teaspoons baking powder
3 cups finely grated carrots	1-1/2 teaspoons ground cinnamon
1/2 cup golden raisins	1 teaspoon baking soda
1/3 cup chopped nuts (optional)	1/2 teaspoon salt
1/4 cup orange juice	1/2 teaspoon ground ginger
2 teaspoons vanilla	1/4 teaspoon ground nutmeg

DIRECTIONS:

Cream butter in large bowl. Gradually beat in honey. Add eggs, beating after each addition. Combine carrots, raisins, nuts (if desired), orange juice and vanilla in medium bowl. Combine dry ingredients in separate large bowl. Add dry ingredients to creamed mixture alternately with carrot mixture. Pour batter into greased 13x9x2-inch pan. Bake at 350° F 35 to 45 minutes or until wooden pick inserted near center comes out clean. *Makes 12 servings.*

HONEY-CARAMELIZED BANANAS AND ORANGES

INGREDIENTS:

- 2 large bananas
 - 1 orange, peeled and sliced
 - 1/4 cup honey
 - 2 tablespoons chopped walnuts
 - 3 tablespoons brandy (optional)
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DIRECTIONS:

Peel and cut bananas in half lengthwise; place in small flameproof dish with orange slices. Drizzle with honey; sprinkle with walnuts. On top rack of preheated broiler, broil fruit about 5 minutes or until heated but not burnt. Remove from broiler. If desired, pour brandy over top and flame. *Makes 2 servings.*