

Honey Tips

- * **Honey** can be substituted for up to one half of the sugar in most recipes.
- * Substitute 1/2 to 3/4 cup **Honey** for 1 cup sugar. For baked goods reduce the liquid in recipe by 1/4 cup and add 1/2 tsp. baking soda for every cup of **Honey**. Reduce oven temperature by 25 degrees F.
- * For easy measuring, spray measuring cup with non-stick cooking spray, before measuring Honey.
- * Twelve ounces (weight) of **Honey** equals 1 cup standard measure.
- * **Honey** will naturally crystallize over time. To re-liquefy, remove lid and place jar in hot water (not boiling) until crystals dissolved.
- * Store **Honey** at room temperature.
- * Crystallized **Honey** measures the same as liquid **Honey**.

Sweet Facts

Bees are the only insects that provide us with food. (**Honey**)

Honey was the very first sweetener used by man.

It takes 12 bees a life time to produce 1 teaspoon of **Honey**.

- * 17g of carbohydrate per 1 tablespoon of **Honey**.
- * 5g of sugars per 1 tablespoon of **Honey**.

Shiliah Spaulding is the 17 year old daughter of Roger and Lois Spaulding of rural Battle Creek in Northwest Iowa. Shiliah is home schooled and plans to continue her education in Agriculture at a college level. She is active in 4H, basketball, volleyball, and track, at Battle Creek-Ida Grove high school. She also enjoys giving tours of the family farm and teaching adults and children about beekeeping and farming.

[Visit Our Web Site](http://www.abuzzaboutbees.com)
www.abuzzaboutbees.com

The Iowa Honey Producers Association sponsors the Iowa Honey Queen program to promote **Honey** and Beekeeping. The Queen is available to make appearances and give speeches at schools, farmers markets, fairs, club meetings, or any special event.

To schedule an appearance for
The Iowa Honey Queen

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Honey Recipes



Shiliah Spaulding

2009 Iowa Honey Queen



**Sponsored by
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Association**

Peanut Butter Snack Mix

3 tablespoon **Honey**
2 tablespoon butter
3 tablespoon peanut butter
4 cups chex cereal, assorted
2 cups mini pretzels
1/3 cup peanuts
Pre-heat oven to 175 degrees F
Combine **Honey**, butter and peanut butter and heat until smooth. Combine cereal, pretzels and peanuts in a large bowl. Pour peanut butter mixture over cereal mixture and toss to coat. Spread on baking sheet and bake for 1 1/2 hours. Stir frequently.
Makes about 6 cups.

Honey Peanut Butter Balls

2 cups oatmeal
2 cups peanut butter
3/4 cup **Honey**
3/4 to 1 cup of your choice
(raisins, cheerios chocolate chips, peanut butter chips, rice krispies, or m&m's)
1 jar colored sprinkles
Combine all ingredients (except sprinkles) in a large mixing bowl and mix well. Roll the mix into 1 inch balls and roll in sprinkles sparingly. Makes approx. 45 1 inch balls.

10 Second Sweet Potato Pie

4 eggs	1/2 teaspoon Nutmeg
2 cups milk	1/2 teaspoon cinnamon
1/2 cup flour	1/3 cup Honey
1/2 teaspoon salt	1/3 cup brown sugar
1/4 teaspoon ginger	2 tablespoons butter
1/4 teaspoon cloves	2 cups sweet potatoes- (or pumpkin)

Put all ingredients in blender and blend 10 seconds. Pour into a greased and floured 10 inch pie pan. Bake one hour at 350 degrees F.

Simple Honey BQ Sauce

1 cup A-1 sauce
1/2 cup **Honey**
Combine A-1 sauce and Honey in a sauce pan. Stir over med heat, until well blended.
Use as a dipping sauce for chicken wings, bake pork or beef ribs in it. Can also be used for quick maid-rite sauce.

Honey Baked Apples

Remove core from 4 large baking apples, enlarge hole slightly, to allow for filling. Pare a strip off top of each apple. Place in baking pan
Combine- 1 small banana
1/3 cup cranberries, chopped
3 Tablespoons Honey
3/4 Teaspoon cinnamon
Fill centers of apples. Pour 1 Tablespoon of water over each apple. Cook uncovered at 375 degrees F for 30 minutes or until tender.

Everyday Honey Cake

1/3 cup shortening
1/2 cup **Honey**
1/3 cup sugar
1 egg
2 cups flour
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup milk
1 teaspoon lemon extract

Cream shortening; add sugar and beat well. Add honey and beat until light and fluffy. Add egg; beat thoroughly. Sift together flour, baking powder and salt; add to creamed mixture alternately with milk. Add extract. Pour into 2 greased, floured 8 inch cake pans; bake at 375 degrees for 25-30 minutes. Put layers together with frosting.

Honey Frosting

1/2 cup unsalted butter
8 oz. cream cheese
1/4 cup **Honey**

Soften cream cheese and butter. In a medium bowl whisk butter, cream cheese, and **Honey** together until smooth.

HONEY recipes and information
www.honey.com

Pediatricians recommend Honey as a safe and wholesome food for adults and children over one year of age.