

1/2 c. milk  
1 tsp. lemon juice  
Dash of ground nutmeg  
Combine all ingredients in blender and whirl until frothy. Pour into tall glass. Makes 1 serving. This delicious Instant Breakfast contains all the essentials of a balanced "day-starter".

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### BARBECUE SAUCE

1/2 c. wine vinegar  
1 c. water  
1/2 c. salad oil  
3/4 c. catsup (or 8 oz. tomato sauce)  
2 Tbs. Worcestershire sauce  
2 Tbs. dry mustard  
1 tsp. paprika  
1 tsp. salt  
1/4 tsp. pepper  
1/2 c. chopped green pepper  
2 slices lemon (or 3 Tbs. lemon juice)  
1/2 c. chopped onion  
1/4 c. HONEY

Mix all ingredients, except honey, in saucepan. Bring to quick boil, stirring. Turn heat to low and simmer 20 minutes or until slightly thick. Remove from heat, add honey and mix well. (Good keeper)

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### RHUBARB CRUNCH

1 c. HONEY  
2 Tbs. flour  
2 eggs  
1/4 c. evaporated milk  
1 tsp. vanilla

Pour the above mixture over 5 c. chopped rhubarb in 9 x 13 pan. Top with mixture of:  
1/2 c. brown sugar  
1 c. flour  
1/2 tsp. salt  
1/2 tsp. baking powder  
6 Tbs. butter

Bake for 30 minutes at 350.

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### ZUCCHINI HONEY CHOCOLATE CAKE

1/2 cup Oleo  
1 cup HONEY  
1/2 cup sugar  
1/2 cup vegetable oil  
2 eggs  
1 tsp. vanilla  
2 Cups grated Zucchini  
4 Tbsp. cocoa  
2 1/2 cups flour  
1 tsp. soda  
1 tsp. salt  
1/2 tsp. baking powder

Mix all ingredients together except zucchini. Add zucchini last. Pour into greased and floured 9 x 13 pan. Sprinkle with 1/2 cup chopped nuts and 1/2 cup chocolate chips. Bake at 325° 40-45 minutes.

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### HONEY HEINZ BARBECUE SAUCE

1/2 cup HONEY  
1/2 cup Heinz 57 Sauce

Blend together. Good over barbecued chicken or ribs.

2 c. flaked coconut  
1 c. sliced almonds  
1/2 c. chopped walnuts  
1 c. golden raisins  
1/2 c. chopped pitted dates  
1/2 c. flour  
1/2 tsp salt  
3 eggs, slightly beaten  
3/4 c. HONEY  
1/2 c. cooking oil

Sprinkle oats, coconut, almonds and walnuts in large roasting pan. Bake in 350 oven 18 minutes or until toasted, stirring once. Cool. Combine oat mixture, raisins, dates, apricots, flour and salt in bowl. Stir in eggs, honey and oil, mixing well. Press into greased 15 1/2 x 10 1/2 x 1" jelly-roll pan. Bake in 350 oven 20 minutes. Cut into bars while warm. May be stored, wrapped in foil, up to 2 weeks. Makes 32 bars or 16 servings.

MICROWAVE: Complete first three steps as in oven method but press mixture into 2 greased 8" sq. glass baking dishes. Place pieces of foil over the corners of each dish. (Check oven's operating manual for shielding before using foil). Place one dish in microwave on an inverted saucer & microwave (high setting) 6 minutes, rotating dish 1/4 turn every 2 minutes. Cool directly on counter. Repeat with remaining dish.

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### HONEY CRISPIES

7 cups Rice Crispies  
1 cup HONEY  
1 cup sugar  
1 cup chunky peanut butter  
1 tsp vanilla

Measure Rice Crispies in large bowl. Measure HONEY and sugar in sauce pan. Bring to boil until sugar is dissolved. Remove from burner. Add peanut butter and vanilla. Blend well. Pour over Rice Crispies, stir until well coated. Press in buttered 9 x 13 pan. Cool and cut in squares.

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### HONEY PEANUT BUTTER BALLS

1 cup HONEY  
1 cup peanut butter (plain or chunky)  
2 cups nonfat dry milk

Mix ingredients in bowl, shape into balls and roll in coconut or chopped nuts. Can be stored in freezer.

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### UNCOOKED HONEY-CREAM CHEESE FUDGE

CREAM:  
1/2 cup HONEY  
1 - 3 ounce package cream cheese  
ADD:  
2 squares melted unsweetened chocolate  
1/2 tsp Rum  
1 cup powdered milk  
or 2 cups instant milk  
1/2 cup chopped nuts

Spread in pan and allow to set before cutting.

## HONEY RECIPES AND HINTS



Wyoming Beekeepers Association

Courtesy

**WHEN YOU BAKE WITH HONEY:**

HONEY may be substituted for sugar cup for cup. When HONEY is substituted in baked goods, add 1/2 tsp. baking soda to the recipe for every cup of HONEY and bake at a lower temperature.

Cakes taste better, stay fresher. Remember, you can bake cakes and cookies a full day ahead. Cookies pack better, keep better, taste better too.

**TO STORE HONEY:**

HONEY should be stored in a tightly-covered container in a dark, cool place. Freezing or refrigeration will not harm the HONEY but may hasten granulation. If granules do form, place the container of HONEY in a pan of water, over low heat till melted—do not boil.

**TO MEASURE HONEY:**

Use the same measuring cup in which you have first measured shortening. By doing this you will not waste HONEY. Remember—HONEY is a safe food the year around. Its concentration of wholesome sugars is so high that bacteria cannot live in it.

**HONEY CONTAINS VITAMINS AND**

**MINERALS:**

HONEY contains thiamine, riboflavin, ascorbic acid, pyridoxine, pantothenic acid, and nicotinic acid, all of which play vital roles in human nutrition. Among the mineral elements found in HONEY are iron, copper, sodium, potassium, magnesium, manganese, calcium, and phosphorous. These elements are all essential to good nutrition.

**HONEY AND ENERGY:**

HONEY is already 90% predigested when it reaches the table, because it is already naturally in its simplest form of dextrose and levulose. As a result, little digestion of HONEY is necessary and absorption takes place quickly. Therefore, HONEY is a good quick energy food (as many athletes already know!)

**REDUCING:**

Follow a well-balanced diet, and cut down on size portions. Keep that zip and zing by adding 1/2 teaspoon of HONEY to each glass of nonfat milk.

A teaspoon of HONEY added to the water when cooking frozen vegetables gives zest and flavor to them.

HONEY ice cubes are cool and refreshing when added to cool summer drinks. Keep some in your freezer. Mix 1/2 cup HONEY with two cups of hot water and 2 tbsps. of lemon juice or lime juice. Freeze. Crush and serve in iced drinks.

Bees consume seven pounds of HONEY to secrete one pound of beeswax.

A Queen Bee can lay her own weight of eggs in one day. Worker Bees live only 5 or 6 weeks. Their wings wear out while gathering HONEY.

To gather a pound of HONEY a bee flies a distance equal to more than three times around the world.

It takes 160,000 bee hours to produce a pound of pure ripened HONEY.

The Honey Bee is very important. It increases fruit, vegetable and other crops 25% to 30% by pollination. Our food supply from these sources would decrease greatly if it were not for the Honey Bee.

**HONEY REFRIGERATOR ROLLS**

- 1/2 c. margarine
- 1 c. boiling water
- 1/2 c. HONEY

- 2 eggs
- 1 1/2 tsp. salt
- 2 pkg. yeast

Dissolve honey and margarine in hot water. Combine with other ingredients and beat till frothy. Add enough flour to make a sticky dough (7-8 cups). Mix well. Put in plastic bag or greased container, cover and store in refrigerator overnight. Make in desired shape rolls. Baste with 1 beaten egg and 1 Tbls. water. Let rise about 1 1/2 hours. Bake at 400 for 12 to 15 minutes until golden brown.

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**CHOCOLATE HONEY SAUCE**

- 1 6 oz. pkg. semi-sweet chocolate bits
- 1/2 c. HONEY
- 3/4 c. evaporated milk

Melt chocolate bits in double boiler. Add honey and evaporated milk, stir till well-blended. Pour into pint jar.

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**HONEY POPCORN BALLS**

- 1/4 c. margarine, melted
- 1/2 c. HONEY
- 1 c. sugar

Combine ingredients and bring to boil until soft ball forms in cold water. Watch closely, for it only takes a few minutes. For dishpan of popped corn, use double recipe. Form into balls as soon as cool enough. Let air finish drying them before wrapping in waxed paper or sandwich bags.

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**HONEY BUTTER**

Place equal portions of margarine and HONEY (cold) in a bowl, add a dash of vanilla and beat till fluffy. Keep refrigerated. Variations: grated orange rind, crushed pineapple, cinnamon and nutmeg.

- 3 eggs
- 1/2 tsp. ginger
- 1/2 tsp. salt
- 1 3/4 c. pumpkin
- 1 c. evaporated milk

Beat eggs slightly. Add honey, spices, salt and pumpkin well, then add evaporated milk. Butter or oil a deep 9 in. pan. Pour pumpkin custard into pan. Bake at 325 one hr. knife blade comes out clean. Cool thoroughly before c. Serve in pie-shaped wedges. Topped with honey sweet whipping cream, if desired.

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**BRAN MUFFINS**

- 3 c. All Bran
- 3/4 c. boiling water
- Combine and let stand 5 min.

- ADD:
- 2 c. buttermilk
- 1/2 c. chopped dates
- 1/2 c. chopped nuts

ADD: 1/4 c. shortening, 3/4 c. sugar, 3/4 c. HONEY

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**CABBAGE SALAD**

- 8 c. shredded cabbage
- 1 chopped onion
- 2 chopped green peppers

- 3/4 c. HONEY
- 1 c. vinegar
- 3/4 c. salad oil
- 1 Tbls. prepared mustard
- 1 tsp. celery seed
- Salt to taste

Alternate cabbage (1/4 cabbage, then onion, peppers, etc.) other ingredients to the boiling point. Pour over cat. Marinate overnight or 6 to 8 hours. Keeps very w refrigerator—up to three weeks.

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**HONEY OATMEAL CAKE**

- 1 cup oatmeal
- 1 cube butter
- 1 1/4 cup boiling water
- 1 1/2 cup HONEY
- 1 tsp vanilla
- 2 eggs

- 1 3/4 cups sifted whole flour
- 1 tsp soda
- 3/4 tsp salt
- 1 tsp Cinnamon
- 1/4 tsp nutmeg

Put oats, butter and boiling water in large bowl, let set minutes. Add HONEY, vanilla and eggs. Mix. Add r ingredients and pour into greased and floured 9 x 13 pan 30 to 40 minutes at 350°. Ice with Carmel Coconut fros