

Honey Rice Krispies Bars

3 cups Cocoa Krispies
4 cups Rice Krispies
1 cup HONEY
1 cup peanut butter

Mix Cocoa Krispies and Rice Krispies together and set aside. Melt together HONEY and peanut butter, stirring thoroughly. Mix in the Krispies and pat into a greased 9 X 13 pan. Melt chocolate chips as a topping if you like, but these are just as good plain.

Energy Berry Smoothie

3 cups frozen berries
1 Tbsp Bee Pollen
3 cups milk
1 banana
4 Tbsp HONEY



Purée all ingredients in a blender until smooth.

Honey Tortilla Roll-Ups

8 oz. package cream cheese
1 cup sour cream
1/4 cup HONEY
1 tsp canned chili peppers, chopped
1/4 cup chopped green peppers
1/4 cup chopped onion
1/2 tsp onion powder
1/2 tsp garlic powder
1/2 cup shredded cheddar cheese
10 flour tortillas

Beat together cream cheese, sour cream, and HONEY until smooth; stir in remaining ingredients. Spread equal amounts of mixture onto each tortilla. Roll up and place in a covered dish and chill for two hours. Slice each roll into 1 inch pieces. Makes 4 dozen pinwheels.

For more honey recipes, fun honeybee facts and general information, visit www.honey.com.

Cooking Tips

For best results, use recipes developed for HONEY. When you substitute HONEY for granulated sugar in recipes, use the following guidelines.

- Substitute 2/3 to 3/4 cup HONEY per cup of sugar.
- Reduce amount of liquid by 1/4 cup for each cup of HONEY.
- Reduce oven temperature by 25°F to prevent over-browning of baked goods.
- For easy removal, spray measuring cup with vegetable cooking spray before adding HONEY.

Honey Facts

HONEY is an invert sugar: 38% fructose, 31% glucose, 1% sucrose and 9% other sugars.

- HONEY absorbs and retains moisture. Therefore, baked goods will not dry out or become stale as quickly as sugar sweetened goods.
- Because of its high fructose content, HONEY has a higher sweetening power than sugar and less of an effect on blood glucose and insulin levels.
- A 12-ounce jar of HONEY equals one cup.

Buying and Storage Tips

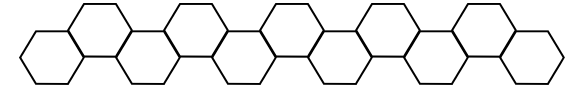
A variety of HONEY is available in your grocery store or local farmer's market. There are more than 200 varieties of honey, depending on the floral source. Each kind of honey has a distinct color and flavor.

- Use mild flavored HONEYS such as clover in recipes where delicate flavors predominate. Use strong flavored HONEYS such as wild flower or buckwheat in spreads or other recipes where a distinct HONEY flavor is desired.
- Store HONEY at room temperature. Refrigeration speeds up the crystallization process.
- If HONEY crystallizes, remove the lid and place container in warm water until crystals dissolve or microwave in a microwave-safe container on high for around 1 minute. Do not boil or scorch.

NOTE: Pediatricians and other physicians recommend HONEY as a safe and wholesome food for adults and children over one year of age, but advise against the feeding of HONEY and other raw agricultural products to infants less than one year old.

For questions or comments concerning the Minnesota Honey Queen Program or to arrange an appearance by Queen Allison, contact Kaye Olson at 763-559-4948 or dkolson4@yahoo.com.

Honey Recipes



2008 Minnesota Honey Queen



Allison Hull

Allison Hull is a 18-year-old freshman at Alexandria Technical College majoring in E-Web Development and Management. She is the daughter of Jeff and Vicki Hull of Battle Lake and a fourth generation beekeeper. Her family has been in the beekeeping industry for over 100 years. She enjoys gymnastics, sewing, quilting, spending time with friends and family and promoting beekeeping and the honey industry.

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Honey Rhubarb Muffins

2/3 cup cooking oil
1/2 cup HONEY
1 egg
3/4 cup sour milk (or buttermilk)
1/2 tsp vanilla
2 1/2 cups flour
1/2 tsp salt
1 1/2 cups fresh chopped rhubarb
1 tsp baking soda
1/2 cup chopped nuts



Sift dry ingredients together and set aside. In a mixing bowl, stir oil, HONEY, sugar and egg until well blended. Alternately add the dry ingredients and the milk to the mixture. Stir in rhubarb and nuts. Spoon batter into greased muffin tins. Top with a mixture of 1/2 cup of sugar, 1 tablespoon of butter. Bake at 325° for 35 to 40 minutes.

Citrus Spinach Salad

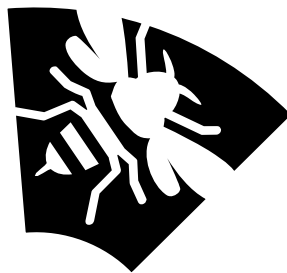
3 Tbsp HONEY
2 Tbsp lime juice
1 tsp grated lime peel
1/8 tsp ground nutmeg
1/3 cup olive oil
10 cups torn fresh spinach
3 medium navel oranges, peeled and sectioned
2 medium pink grapefruit, peeled and sectioned
1 medium red onion, sliced and separated into rings



In a blender, combine HONEY, lime juice lime peel and nutmeg; cover and blend. Gradually add oil until dressing is thickened. In a large salad bowl, combine spinach, oranges and grapefruit. Drizzle with dressing; toss to coat and top with onion.

Grandma Ruth's Honey Cinnamon Rolls

2 packages yeast
1/2 cup warm water
1/2 cup shortening
1/2 cup HONEY
2 tsp salt
1 pint milk
2 eggs
6 cups flour
1/2 cup margarine
1/4 cup brown sugar
1/2 cup chopped nuts
1 cup vanilla ice cream
1/2 cup brown sugar and 1 tsp cinnamon mixed



Dissolve yeast with warm water in a small bowl. Set aside. In a large pan, melt shortening and add HONEY, salt and milk, and allow it to cool. Beat eggs and add to yeast mixture. Then, beat in flour. Turn out dough on floured surface and knead until smooth. Place dough in bowl and let it rise until it's double in bulk. Prepare two 9 X 12 pans with 1/4 cup margarine each and sprinkle with brown sugar. Add nuts and dab teaspoons of ice cream over the entire pan. When dough has risen, punch down and place half on floured surface and roll out to 9x12 size with floured rolling pin. Spread with butter or margarine, then brown sugar and cinnamon. Roll up like a jelly roll then cut off about 1 1/2" slices and place on prepared 9 X 13 pan. You should get about 16 cinnamon rolls per pan. Let these rise until double in bulk. Bake in 350° oven for about 30 minutes. When brown on top turn upside down on waxed paper to cool.

Spiced Honey Butter

1/2 cup butter or margarine, softened
1/4 cup HONEY
1 tsp grated orange peel
1/2 tsp ground cinnamon

Combine all ingredients and mix well. Serve with biscuits, bread or toast.

Sweet Potato Soufflé

6 cups boiled and mashed sweet potatoes
2 eggs, slightly beaten
1 stick melted butter
3/4 cup HONEY
1/4 cup milk
1 Tbsp vanilla
1/2 bag small marshmallows
1/2 cup finely chopped pecans



Mix all ingredients except marshmallows and pecans. Spread in 2 quart baking dish. Top with pecans and marshmallows. Bake at 325° for 20 minutes or until marshmallows are browned.

Oven-Fried Honey Chicken

4 boneless, skinless chicken breasts (4 oz. each)
1/2 cup HONEY
1/2 cup buttermilk baking mix
2 tsp ground ginger
1 tsp seasoned salt
1/4 tsp pepper
2 Tbsp olive oil

Coat chicken with HONEY; set aside. Combine baking mix, ginger, seasoned salt and pepper. Roll HONEY-coated chicken in seasoned mixture. Brown chicken in hot oil in nonstick skillet. Place chicken on rack in baking pan. Bake at 350° for 30 minutes or until juices run clear.

Gingerbee Cookies

1 1/2 cups HONEY
3/4 cup butter or margarine, softened
1 egg
5 cups all-purpose flour
2 tsp baking powder
1 Tbsp each ground ginger and ground cinnamon
1 tsp ground cloves

In large bowl, cream HONEY and butter until light and fluffy. Beat in egg. Add flour, baking powder, ginger, cinnamon and cloves; mix until combined. Wrap dough in plastic wrap and refrigerate for at least 2 hours. When dough is chilled, divide dough in half; return one half to refrigerator. Dust work surface and dough with flour. Roll out dough to 1/4" thick. Cut into desired shapes using cookie cutter; transfer to well-greased baking sheet. Bake at 350°F for 10 to 12 minutes. Remove cookies from sheet and cool on rack.