

Honey Recipes and Ideas!

Charlotte's Favorite Badger Crunch Honey Granola

5 c rolled oats (not quick oats)
½ c whole grain flour
½ c wheat germ
½ c sesame, sunflower or flax seeds
½ c powdered milk
½ c shredded coconut (optional)
½ c bran
1 tsp salt
¾ c chopped pecans, walnuts or almonds
2/3 c oil, such as canola
2/3 c honey
1/3 c water
1 tsp vanilla extract
½ c- 1 c chopped dried fruit such as raising, apricots, dates, etc



In large roasting pan mix dry ingredients. Preheat oven to 325 degrees. Pour wet ingredients into glass measuring cup and heat in microwave for 2 mins on high. Pour wet ingredients into dry and mix well in pan. Bake 20 mins and remove from oven. Stir in dried fruit. Return to oven for 20 mins. Remove from oven and cool. Store in airtight container in the refrigerator.

No Fat Honey Salad Dressing

1/3 c red wine vinegar
1/3 c honey
1 tsp crushed dried oregano leaves
½ tsp salt
1/8 tsp ground red pepper (cayenne)

Whisk honey and vinegar in small bowl, add remaining ingredients. If possible, chill for an hour to blend flavors. Stir or shake occasionally.

Simply Sweet Ideas

Drizzle. Mix honey and melted butter to drizzle over angel food cake or pound cake.
Spread. To frost carrots cakes and cupcakes, mix 8 oz softened low fat cream cheese with ¼ c honey until smooth. Good on crackers and biscuits, too!

Want some beekeeping advice?

Michiana Beekeepers Association has tips and resources for new and experienced beekeepers <http://indianabeekeeper.goshen.edu/mba.html>

Looking for honey?

www.Honeylocator.com is provided by the National Honey Board. You can search for honey suppliers in your area, state, county, even locate honey produced from a specific floral source.