



Honey. Bake It Up.

Delicious home-baked treats sweetened with honey

Home Baked and Better

Who doesn't love the smell of bread baking in the oven? Or the rich fresh taste of home-baked cookies or scones? In this world of pre-packaged foods, a homemade treat is even more special. And because you've made it yourself, you know exactly what goes in the mix. You can add whole grains or dried fruit to bread to boost nutrition or cut back a bit on the rich ingredients like butter and cream in desserts.

Bake it With Honey

Honey is a natural choice for today's bakers. It adds a distinct rich flavor of its own and brings out the flavors of other ingredients. Honey adds a golden hue to crust and crumb alike. And because it attracts and absorbs moisture, honey keeps baked goods moist and helps them stay fresh longer. That's especially important in yeast breads and lower fat cookies and cakes.

The Choice is Yours

There are several hundred varieties of honey available in the United States. Each has its own unique color and flavor depending on what floral blossoms the honey bees visited. In general, the lighter colored honeys have a milder flavor than the darker robust honeys. Mild honeys like clover and alfalfa, both widely available, add subtle flavor, moisture and color to all baked goods. Try a more robust honey such as buckwheat or avocado for added richness in chocolate and spiced items. For glazes, try the delicate floral flavor of orange blossom or sage honey. Whatever your choice, honey will make home-baked even better.

Store It. Store honey at room temperature, not in the refrigerator. Keep it in the cupboard or pantry. Better yet, keep it on the table or countertop, ready to stir into tea, spread on toast or drizzle on cereal.

Restore It. If honey turns cloudy or crystallizes (a natural process), restore it by putting the jar in a pan of hot water and stirring until the crystals dissolve. Or place the honey in a microwave-safe container with the lid off and microwave on HIGH for 1 minute or until warm enough to dissolve crystals.

Measure It. Here are some ideas for easy measuring and quick clean up.

- Lightly oil the measuring cup or spoon before adding honey – the honey will slip off easily. Or, if your recipe includes oil and honey, measure the oil, then use the same measuring cup or spoon to measure the honey.
- For quick measuring, remember that a 12-ounce jar of honey equals one standard measuring cup of honey.
- Place honey in a plastic squeeze container for measuring small amounts or for drizzling.
- Warming honey slightly makes it easier to pour and measure.



Here are nine fresh new
honey recipes. Happy baking.

Currant Scones

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 6 tablespoons butter, cut into pieces
- 1 cup currants
- ¼ cup honey
- ¼ cup plain nonfat yogurt
- 1 egg PLUS 1 egg yolk
- ½ teaspoon vanilla or almond extract
- 1 egg white
- Prepared cinnamon-sugar

In large bowl, combine flour, baking powder, baking soda and salt; mix well. Cut in butter until mixture resembles coarse crumbs. Stir in currants. In small bowl, whisk together honey, yogurt, egg, egg yolk and vanilla; add to flour mixture, stirring until just combined. Turn dough onto lightly floured surface; shape into 8-inch circle (approx. 1 inch thick). Cut into 8 wedges. Place on greased baking sheet, at least 1 inch apart. Brush with egg white; sprinkle with cinnamon-sugar. Bake at 375°F for 15 to 20 minutes or until golden brown. Makes 8 scones.

Nutrition information per serving (1 scone): calories 301; total fat 10 g; cholesterol 77 mg; sodium 301 mg; total carbohydrate 48 g; dietary fiber 2 g; protein 6 g; calories from fat 30%



Classic scones are updated. Yogurt substitutes for cream and honey replaces sugar. Honey is sweeter than sugar so you can use a little less in your recipes.



Honey adds a delicious touch of sweetness to this yeast bread and helps keep it fresh longer. Glazing baked yeast breads with honey is a simple way to add a touch of sweetness and rich glossy finish.

Honey Apricot Braid

- 3 to 3½ cups all-purpose flour
- 1 package fast-rising yeast
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- ½ cup milk
- ¼ cup honey
- ¼ cup water
- 3 tablespoons butter
- 1 large egg
- ½ cup finely chopped dried apricots
- Honey, for glaze

In large bowl, combine 2 cups flour, undissolved yeast, cinnamon and salt. Heat milk, honey, water and butter until very warm (120° to 130°F); stir into dry ingredients. Stir in egg and enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 6 to 8 minutes. Cover; let rest 10 minutes. Knead in apricots.

Divide dough into 3 equal pieces; roll to 12-inch ropes. Braid ropes; pinch ends to seal. Place on large greased baking sheet. Cover; let rise in warm, draft-free place until doubled in size, about 40 to 60 minutes.

Bake at 350°F for 25 to 30 minutes or until done. Remove from oven; brush top of loaf with honey. Remove from sheet; cool on wire rack. Makes 1 loaf.

Bread Machine Variation (all-size machines): Measure 3 cups all-purpose flour and other ingredients into bread machine pan as suggested by manufacturer. Process on **dough/manual cycle**. When complete, remove dough to floured surface; knead in additional flour if necessary to make dough easy to handle. Shape dough and proceed as directed.

Nutrition information per serving (½ of recipe): calories 202; total fat 4 g; cholesterol 26 mg; sodium 237 mg; total carbohydrate 37 g; dietary fiber 2 g; protein 5 g; calories from fat 17%



Honey adds more than delicious sweetness to this recipe. Honey has small amounts of vitamins, minerals, amino acids and antioxidants. Combining honey with foods like antioxidant-rich blueberries is a great way to start each day.

Blueberry Coffeecake

- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup honey
- 2 eggs
- ¼ cup milk
- 2 tablespoons fresh lemon juice
- 1 teaspoon freshly grated lemon peel
- 1 teaspoon vanilla extract
- 6 tablespoons butter, melted

Blueberry Topping:

- 2 cups blueberries, fresh or frozen (partially thawed)
- 1 tablespoon all-purpose flour
- ½ cup honey
- 2 tablespoons fresh lemon juice

Place blueberries in bottom of greased 9-inch round cake pan; distribute evenly. Sprinkle with flour; drizzle with honey and lemon juice. Set aside.

In small bowl, combine flour, baking powder, baking soda and salt; set aside. In medium bowl, combine honey, eggs, milk, lemon juice, lemon peel and vanilla; beat with fork until well mixed. Add flour mixture; mix well. Stir in melted butter; mix well. Pour batter over blueberries in pan; spread to cover evenly. Bake at 350°F for 30 to 35 minutes or until toothpick inserted in center of cake comes out clean. Cool in pan on wire rack 10 minutes. Invert cake onto large plate; cool completely. Makes 8 servings.

Nutrition information per serving (½ of recipe): calories 340; total fat 10 g; cholesterol 77 mg; sodium 415 mg; total carbohydrate 60 g; dietary fiber 2 g; protein 5 g; calories from fat 26%

These crunchy twice-baked Italian cookies have a special flavor and rich golden color, thanks to honey.

Honey Almond Biscotti

- ½ cup butter or margarine, softened
- ¾ cup honey
- 2 eggs
- 1 teaspoon vanilla extract
- 3½ cups all-purpose flour
- 2 teaspoons aniseeds
- 2 teaspoons ground cinnamon
- ½ teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1 cup dried cranberries
- ¾ cup slivered almonds



Using electric mixer, beat butter until light; gradually add honey, eggs and vanilla, beating until smooth. In small bowl, combine flour, aniseeds, cinnamon, baking powder, salt and baking soda; gradually add to honey mixture, mixing well. Stir in cranberries and almonds.

Shape dough into two 10 x 3 x 1-inch logs on greased baking sheet. Bake at 350°F for 20 minutes or until light golden brown. Remove from oven to wire rack; cool 5 minutes. Reduce oven to 300°F. Transfer logs to cutting board. Cut each log into ½-inch slices; arrange on baking sheet. Bake 20 minutes or until crisp. Cool on wire racks. Makes 36 cookies.

Nutrition information per serving (1 cookie): calories 121; total fat 4 g; cholesterol 19 mg; sodium 69 mg; total carbohydrate 19 g; dietary fiber <1 g; protein 3 g; calories from fat 29%



flour, baking soda, cream of tartar and salt. Gradually add to butter mixture, mixing until blended. With hands, form dough into 1-inch balls; roll in cinnamon-sugar. Place on lightly greased baking sheets, about 2 inches apart. Bake at 375°F for 10 to 12 minutes or until golden. Transfer to wire racks; cool completely. Makes 3 dozen cookies.

Nutrition information per serving (1 cookie): calories 57; total fat 2 g; cholesterol 11 mg; sodium 60 mg; total carbohydrate 10 g; dietary fiber <1 g; protein 1 g; calories from fat 31%



Cocoa has all the chocolate flavor, but half the fat of regular chocolate. Honey adds moistness to cupcakes and unique flavor to these classic cookies.

Honeydoodles

- | | |
|---------------------------------------|--|
| $\frac{1}{3}$ cup butter, softened | $\frac{3}{4}$ teaspoon baking soda |
| $\frac{2}{3}$ cup honey | $\frac{1}{2}$ teaspoon cream of tartar |
| 1 egg | $\frac{1}{4}$ teaspoon salt |
| $1\frac{1}{2}$ cups all-purpose flour | Prepared cinnamon-sugar |

Using an electric mixer, beat butter until light; gradually add honey, beating until light and creamy. Beat in egg. In medium bowl, combine

Honey Chocolate Cupcakes

- | | |
|--|--|
| $\frac{1}{4}$ cup butter or margarine | 1 cup all-purpose flour |
| $\frac{3}{4}$ cup honey | 3 tablespoons unsweetened cocoa |
| 1 egg | $\frac{3}{4}$ teaspoon baking soda |
| $\frac{1}{3}$ cup low-fat milk | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{2}$ teaspoon vanilla extract | Chocolate Honey Glaze (recipe follows) |

Using electric mixer, beat butter until light; gradually add honey, beating until light and creamy. Beat in egg, vanilla and milk. In small bowl, combine flour, cocoa, baking soda and salt; gradually add to butter mixture, mixing until well blended. Spoon batter into 12 paper-lined or greased muffin cups, filling each $\frac{3}{4}$ full.

Bake at 350°F for 20 to 25 minutes or until toothpick inserted in center comes out clean. Remove from oven to wire rack. Let cool in pan for 5 minutes. Remove from pan to wire rack to cool completely. Spread top of each cupcake with Chocolate Honey Glaze, if desired. Makes 12 cupcakes.

Chocolate Honey Glaze: Combine $\frac{1}{2}$ cup melted **semi-sweet chocolate chips** with $\frac{1}{4}$ cup **honey**; mix until well blended.

Nutrition information per serving (1 cupcake, no glaze): calories 148; total fat 5 g; cholesterol 28 mg; sodium 166 mg; total carbohydrate 26 g; dietary fiber 1 g; protein 2 g; calories from fat 30%

Honey Lemon Tart

- 1 cup all-purpose flour
- ¼ teaspoon salt
- ¼ cup vegetable shortening
- 3 tablespoons cold water
- 1 egg yolk
- 1 tablespoon honey

Filling:

- 1 cup honey
- 3 eggs
- ¼ cup fresh lemon juice
- 3 tablespoons all-purpose flour
- 2 teaspoons freshly grated lemon peel
- ¾ teaspoon baking powder
- ½ teaspoon salt

In medium bowl, whisk together filling ingredients until well mixed; set aside.

In medium bowl, combine flour and salt. Cut in shortening until mixture resembles coarse crumbs. In separate bowl, whisk together water, egg yolk and honey. Add to flour, stirring until mixture forms a ball. On floured surface, roll out dough to 11-inch circle. Lay dough in a 10-inch tart pan; press dough firmly against bottom and sides of pan. Place pan on baking sheet. Pour filling mixture carefully into tart pan. Bake at 350°F for 25 to 30 minutes or until filling is set. Cool on wire rack. Makes 1 tart.

Nutrition information per serving (½ of recipe): calories 288; total fat 9 g; cholesterol 106 mg; sodium 272 mg; total carbohydrate 50 g; dietary fiber 1 g; protein 5 g; calories from fat 27%



Honey brings out the lemon flavor and balances the tartness in this dessert. A touch of honey in the crust adds a bit of sweetness and golden color.

Honey Sponge Cake

- 3 egg yolks
- $\frac{3}{4}$ cup honey, divided use
- 2 tablespoons fresh lemon juice
- 1 tablespoon finely chopped crystallized ginger
- 1 teaspoon freshly grated lemon peel
- 6 egg whites
- 1 teaspoon cream of tartar
- $1\frac{1}{2}$ cups cake flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon salt
- Pineapple-Kiwi Salsa (recipe follows)

Using electric mixer on medium speed, beat egg yolks, $\frac{1}{4}$ cup honey, and lemon juice for 5 to 8 minutes or until light colored and thickened. Stir in crystallized ginger and lemon peel; set aside.

Using electric mixer on medium speed, beat egg whites and cream of tartar until foamy. Gradually add remaining $\frac{1}{2}$ cup honey, continuing to beat on medium speed until honey is incorporated. Increase speed to high and beat until mixture is glossy and stiff peaks form. Add egg yolk mixture to egg whites; fold together.

In small bowl, combine flour, baking powder, ground ginger, nutmeg and salt; mix well. Gently fold flour mixture into egg whites, $\frac{1}{3}$ at a time. Pour into ungreased 10-cup angel food cake pan; even out batter. Bake at 325°F for 35 to 40 minutes or until top of cake springs back when touched. Remove cake from oven and immediately invert onto glass bottle or metal funnel; cool 1 hour. Remove cake from pan. Serve with Pineapple-Kiwi Salsa. Makes 10 servings.

Pineapple-Kiwi Salsa: In small bowl, combine 1 can (8 ounces) undrained **crushed pineapple**, 2 medium **kiwifruit**, peeled and chopped, $\frac{1}{4}$ cup **honey** and 1 teaspoon finely chopped **crystallized ginger**. Cover and refrigerate for up to 1 week.

Nutrition information per serving ($\frac{1}{6}$ of recipe, including salsa): calories 224; total fat 2 g; cholesterol 64 mg; sodium 175 mg; total carbohydrate 50 g; dietary fiber 1 g; protein 5 g; calories from fat 8%



Sponge cakes are light, airy and naturally low in fat. Instead of sugar, this cake uses honey as the sweetener. Honey not only adds rich flavor, it also acts as a humectant, drawing moisture from the air to keep the cake fresher longer. Instead of icing the cake or preparing a rich filling, serve it with a fresh fruit salsa.



Whole wheat breads have added nutrition and fiber. Using honey as the sweetener adds moistness and enhances the grain flavor.

Honey Whole Wheat and Pine Nut Bread

- 2 to 2½ cups all-purpose flour
- 1 cup whole wheat flour
- 1 package fast-rising yeast
- 1 teaspoon salt
- ½ teaspoon ground ginger
- ¾ cup buttermilk
- ¼ cup honey
- ¼ cup water
- 2 tablespoons butter
- ½ cup lightly toasted pine nuts
- Honey, for glaze

In large bowl, combine 1½ cups all-purpose flour, whole wheat flour, undissolved yeast, salt and ground ginger. Heat buttermilk, honey, water and butter until very warm (120° to 130°F); stir into dry ingredients. Stir in enough remaining all-purpose flour to make soft dough.



Knead on lightly floured surface until smooth and elastic, about 6 to 8 minutes. Cover; let rest 10 minutes. Knead in pine nuts.

Shape dough into 5-inch round loaf. Place on large greased baking sheet. Cover; let rise in warm, draft-free place until doubled in size, about 40 to 60 minutes. With sharp knife, make 4 slashes ($\frac{1}{2}$ -inch deep) in crisscross fashion across top of loaf. Bake at 350°F for 35 to 40 minutes or until done. Remove from oven; brush top of loaf with honey. Remove from sheet; cool on wire rack. Makes 1 loaf.

Bread Machine Variation (all-size machines):

*Measure 2 cups all-purpose flour, 1 cup whole wheat flour and other ingredients into bread machine pan as suggested by manufacturer. Process on **dough/manual cycle**. When complete, remove dough to floured surface; knead in additional flour if necessary to make dough easy to handle. Shape dough and proceed as directed.*

Nutrition information per serving ($\frac{1}{2}$ of recipe): calories 221; total fat 6 g; cholesterol 6 mg; sodium 233 mg; total carbohydrate 35 g; dietary fiber 2 g; protein 6 g; calories from fat 24%

A Change for the Better

Honey is nature's original sweetener and it contains vitamins, minerals, amino acids and antioxidants. While these are in small amounts and vary in amount by floral source, using honey for your baking can add to your daily nutrition. To substitute honey for sugar in your recipes, follow these simple guidelines:

- **Substitute** honey for up to half of the sugar called for in the recipe. With a little experimentation, honey can replace all of the sugar in certain recipes.
- **Reduce** the liquid (water, juice or milk) in the recipe by 1 tablespoon for each 4 tablespoons ($\frac{1}{4}$ cup) of honey used.
- **Add** $\frac{1}{2}$ teaspoon baking soda to the recipe for each cup of honey used.
- **Reduce** oven temperature by 25°F to prevent over-browning.

For more honey recipes and information on the many sources and types of honeys, visit the honey expert at www.honey.com.



National Honey Board
390 Lashley Street
Longmont, CO 80501-6045
www.honey.com