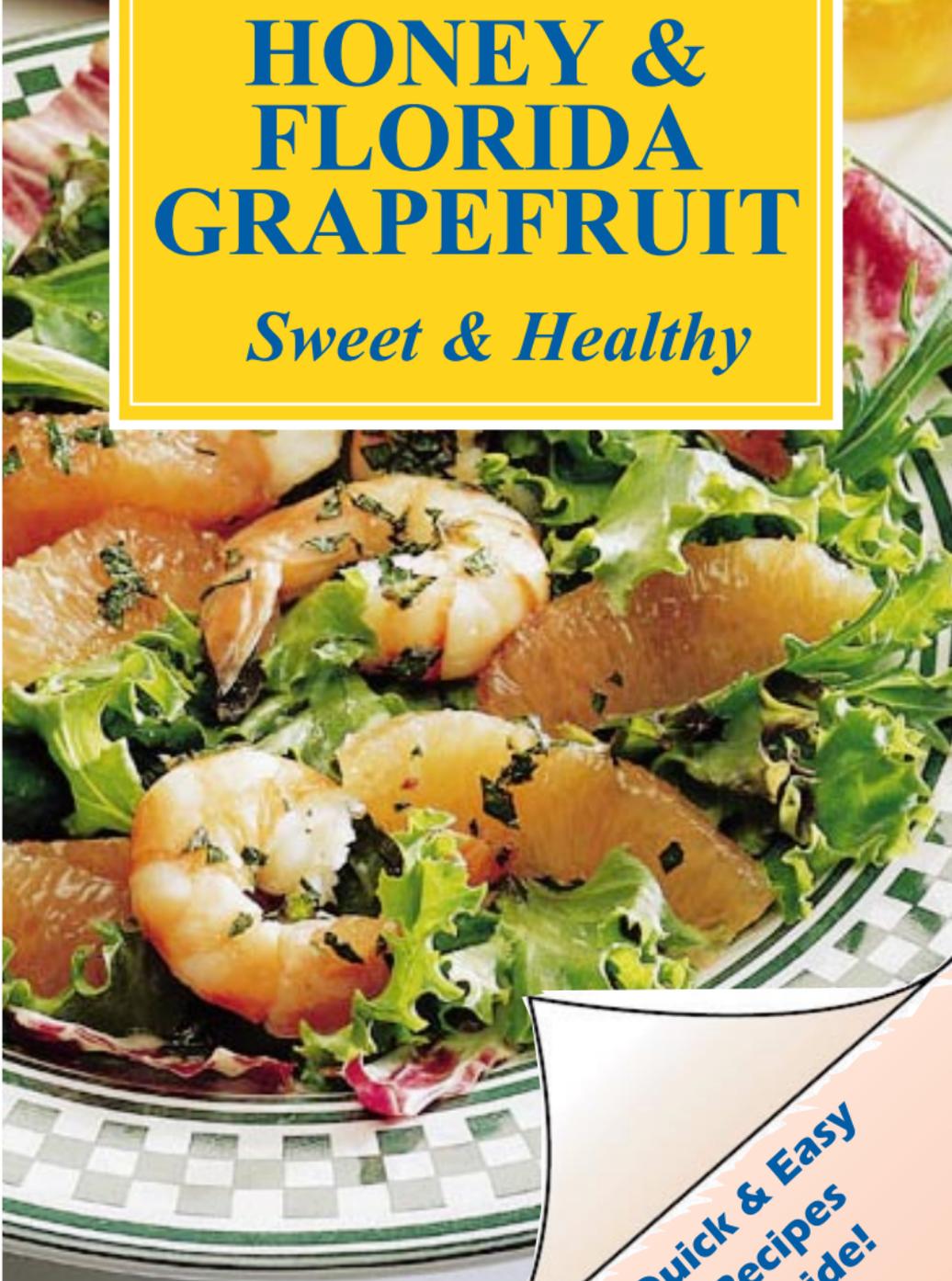




**HONEY &
FLORIDA
GRAPEFRUIT**

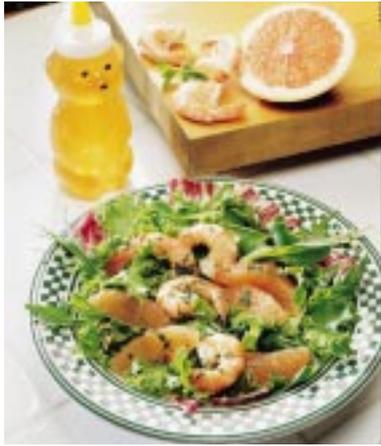
Sweet & Healthy



**Quick & Easy
Recipes
Inside!**

QUICK & EASY HEALTHY RECIPES

Florida Grapefruit & Shrimp Salad



- ◆ 1/4 cup honey
- ◆ 1/4 cup white wine vinegar
- ◆ 1 - 2 Florida grapefruit
- ◆ 8 cups mixed greens
- ◆ 1/2 pound cooked medium shrimp, peeled and deveined
- ◆ 2 tablespoons finely chopped fresh mint
- ◆ Salt and freshly ground black pepper

In large bowl, whisk together honey and vinegar. Divide grapefruit into sections to equal one cup. Add mixed greens, shrimp, grapefruit sections, and mint; toss to coat. Season with salt and pepper, as desired. Serves 4.

Nutrients Per Serving (1/4 of recipe):

Calories: 197; Protein: 16g; Carbohydrates: 27g; Dietary Fiber: 3g; Total Fat: 3g; Cholesterol: 104mg; Sodium: 312mg; Calories from fat: 14%

GRAPEFRUIT TIPS

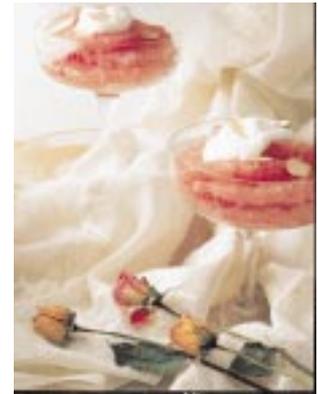


♥ Florida grapefruit are generally in season from **October through early June**.

♥ **The National Cancer Institute** urges Americans to consume 5 or more servings per day of vegetables and fruits like Florida grapefruit.

♥ Your refrigerator crisper is the ideal place for **storing Florida grapefruit**; there, it will remain fresh for several weeks. **At room temperature**, grapefruit will remain fresh for up to a week.

Honey Grapefruit Delight



- ◆ 2 Florida grapefruit
- ◆ 2 tablespoons honey
- ◆ 3 tablespoons sliced toasted almonds

Yogurt Sauce

- ◆ 1 cup nonfat plain yogurt
- ◆ 2 tablespoons honey
- ◆ 1/4 teaspoon grated grapefruit peel
- ◆ 1/4 teaspoon almond extract

Peel and slice grapefruit into 1/2" thick rounds. In large bowl, combine grapefruit and honey; toss lightly to coat. Cover and chill until ready to serve. In small bowl, mix sauce ingredients; stir well. Divide grapefruit slices among 4 individual dishes. Top with yogurt sauce; sprinkle with almonds. Serves 4.

Nutrients Per Serving (1/4 of recipe):

Calories: 164; Protein: 5g; Carbohydrates: 33g; Dietary Fiber: 2g; Total Fat: 3g; Cholesterol: 1mg; Sodium: 48mg; Calories from fat: 14%

HONEY HINTS

🍯 There are approximately **300 varieties of honey** in the United States, each with a unique color and flavor.

Lighter-colored honeys generally are milder in flavor. **Darker-colored honeys** are bolder in flavor and tend to have higher mineral content and antioxidant potential.

🍯 Always **store honey at room temperature**.

Refrigeration of honey hastens its natural process of crystallization. If your honey crystallizes (becomes cloudy or granular), simply place the honey jar in warm water and **stir until the crystals dissolve**. Or, place the honey in a microwave-safe container with the lid removed and **microwave on HIGH**, stirring every 30 seconds, until the crystals dissolve.





FLORIDA GRAPEFRUIT: HEART HEALTHY!

♥ An excellent source of vitamin C, just one serving of Florida grapefruit provides 110% of your daily value of this vital nutrient.

♥ Grapefruit contains more dietary fiber per serving than any of the 20 most popular vegetables *and* non-citrus fruits.

HONEY: HOW SWEET IT IS!

Honey contains a wide array of nutrients in trace amounts, as well as antioxidants.

Vitamins & Minerals

Thiamin, niacin, riboflavin, pantothenic acid, calcium, copper, iron, magnesium, manganese, phosphorus, potassium, sodium, and zinc are found in honey.

Amino Acids

Aid in the production of protein in the body. Eighteen different amino acids have been found in honey, with the content varying by the honey's floral source.

Antioxidants

May help eliminate free radicals that might contribute to serious diseases. Honey contains several antioxidants; one called *pinocembrin* is unique to honey.

Honey should not be fed to infants under one year of age. It is a safe and wholesome food for older children and adults .



<http://www.floridajuice.com>



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For more information, contact
the National Honey Board:

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