

Peaches & Cream Breakfast Smoothie

- 1 C. milk (can use unsweetened Vanilla Almond Milk)
- 1 large peach
- ½ C. nonfat vanilla yogurt
- 1 Tbsp. HONEY
- Dash of cinnamon
- Ice cubes

Combine all ingredients in a blender and pulse until smooth.

www.willcookforsmiles.com

Prosciutto Honey Wraps

- 2½ tsp. HONEY
- 1 large peach
- ¼ C. goat cheese
- 1½ C. baby spinach, loosely packed
- 4 sheets prosciutto
- *For grilling – ½ tsp. butter

Cut peach in half and remove pit. Prepare grilling sauce by combining ½ teaspoon of HONEY and ½ teaspoon of butter. Brush peach lightly with mixture. Heat grill to low-medium heat and place both halves onto grill. Cook for about 2 minutes on each side, or until lightly charred but still firm. Cut peach into ½-inch slices (about 12). Put 1½ teaspoons of goat cheese on each peach slice and place on top of 4 baby spinach leaves. Next, slice the prosciutto lengthwise into 8 strips. Wrap the center of each peach/cheese/spinach bundle with 1 prosciutto strip. Arrange on a serving platter and finish off by drizzling each bundle with ¼ teaspoon of honey.

*Peaches can be canned for a dressed-up recipe straight out of the cupboard. Grill gently for 30 seconds on each side.

National Honey Board
www.honey.com

American Honey Queen

Kim Kester is the daughter of Jim and Barb Kester of Nekoosa, Wisconsin. She is a graduate from the University of Wisconsin, where she double-majored in dairy science and poultry science. She is currently pursuing a master's degree in Agricultural Education at Iowa State University. Kim began beekeeping in 2014, and now owns six hives of bees. In her spare time, Kim enjoys photography and riding horses.

American Honey Princess

Tabitha Mansker is the daughter of Gary and Wanda Mansker of Nevada, Texas. She lives on her family's small farm and enjoys caring for their many animals. Tabitha was deeply involved in 4-H for more than eight years and enjoys all aspects of agriculture. Currently, she is pursuing studies in business and marketing and has hopes to become a teacher. Tabitha stays busy helping to manage her family's 16 hives of bees and extracting honey for many commercial beekeeping operations.

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American Beekeeping
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Honey Recipes

2016



AMERICAN
HONEY QUEEN
Kim Kester



AMERICAN
HONEY PRINCESS
Tabitha Mansker

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Honey Blondies

- 1 C. HONEY
- $\frac{3}{4}$ C. butter or margarine, softened
- 1 egg
- 1 tsp. vanilla extract
- 2 C. all-purpose flour
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ C. semisweet chocolate chips
- $\frac{1}{2}$ C. chopped toasted pecans



In medium bowl, cream HONEY and butter until light and fluffy. Beat in egg and vanilla. Add flour and baking powder; mix until combined. Fold in chocolate chips and pecans. Spread batter into greased 9" x 9" square baking dish. Bake at 350°F for 40 minutes, or until wooden toothpick inserted near center comes out clean. Allow to cool completely. Cut into squares.

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Savory Honey Scones

- $\frac{1}{4}$ tsp. finely chopped rosemary, divided
- 1 $\frac{1}{2}$ C. flour
- 1 $\frac{1}{2}$ C. semolina
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. sea salt
- 5 $\frac{1}{2}$ oz. chilled soft goat cheese, cut into bits
- $\frac{1}{4}$ C. HONEY
- $\frac{1}{2}$ C. + 2 Tbsp. heavy cream, divided
- 1 egg

In bowl, thoroughly mix 1 teaspoon rosemary with remaining 5 dry ingredients. Cut goat cheese into dry ingredients until mixture resembles coarse cornmeal; reserve. Whisk together HONEY, $\frac{1}{2}$ cup cream, and egg. Stir into reserved dry mixture until a soft dough forms; gather dough into a ball. Turn out onto a well-floured board; pat into a round about $\frac{3}{4}$ -inch thick. Cut into 8 wedges. Arrange separately on a waxed paper or parchment-lined baking sheet. Brush tops with remaining 2 tablespoons cream, sprinkle with remaining $\frac{1}{4}$ teaspoon rosemary. Bake at 425°F until golden brown, about 10 to 12 minutes.

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Honey Holiday Punch

- 1 $\frac{1}{2}$ C. HONEY
- 2 C. apple juice
- 1 $\frac{1}{2}$ C. cranberry juice
- 1 $\frac{1}{2}$ C. white grape juice
- 1 C. pineapple juice
- $\frac{1}{2}$ C. lemon juice
- 2 liters ginger ale



Combine HONEY and apple juice; simmer on low. Add all other juices, stir well and refrigerate. When ready to serve, stir in the ginger ale.

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Goat Cheese Spread with Lemon & Honey

- 8 oz. fresh goat cheese
- 4 Tbsp. HONEY
- 3 Tbsp. low-fat Greek yogurt
- 2 Tbsp. extra-virgin olive oil
- 1 small clove garlic, grated
- 1 tsp. lemon zest
- $\frac{1}{4}$ tsp. freshly ground black pepper
- $\frac{1}{4}$ tsp. coarse salt
- 1 tsp. fresh thyme, oregano, sage, lavender, or other herb that matches the herb in the HONEY (optional)

Place the goat cheese in the bowl of a food processor and add 2 tablespoons of the HONEY, the yogurt, olive oil, garlic, $\frac{1}{2}$ teaspoon of the lemon zest, $\frac{1}{8}$ teaspoon of the black pepper, and the salt. Pulse until creamy and well blended. Transfer to a small, shallow serving bowl and smooth the top with a rubber spatula. Sprinkle the spread with the remaining $\frac{1}{2}$ teaspoon HONEY and sprinkle with the fresh herb. Serve with crackers or crostini as a nibble with drinks or a cup of tea.

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Blueberry French Toast

- 12 slices day-old white bread, crusts removed
- 2 (8-oz.) packages reduced fat cream cheese
- 1 C. fresh or frozen blueberries
- 12 eggs, lightly beaten
- 2 C. milk
- $\frac{1}{2}$ C. HONEY

Cut bread into 1-inch cubes; place half in a greased 9" x 13" baking dish. Cut cream cheese into 1-inch cubes and place over bread. Top with blueberries and remaining bread cubes. In a separate bowl whisk eggs, milk, and HONEY; pour over bread mixture. Cover and refrigerate for 8 hours or overnight. Remove from the refrigerator 30 minutes before baking. Cover and bake at 350°F for 30 minutes; uncover, and bake an additional 25–30 minutes, or until a knife inserted near the center comes out clean. Serve with sauce recipe below.

Sauce:

- $\frac{1}{2}$ C. water
- $\frac{1}{2}$ C. HONEY
- 2 Tbsp. cornstarch
- 1 Tbsp. lemon juice
- 1 C. fresh or frozen blueberries
- 1 Tbsp. butter

Whisk water, HONEY, and cornstarch in a saucepan over medium heat until thickened. Stir in blueberries and lemon juice; bring to a boil. Reduce heat and simmer for 5–8 minutes or until the berries burst. Remove from heat, add butter, and stir until heated through.

Adapted from Taste of Home Magazine

Honey Facts



To substitute honey for granulated sugar, begin by substituting honey for up to half the sugar in the recipe. For baked goods, reduce the oven temperature by 25°F to prevent overbrowning; reduce any liquid by $\frac{1}{4}$ cup for each cup honey used; and add $\frac{1}{2}$ teaspoon baking soda for each cup honey used.