### Honey Whole Grain Bread
- 1 package active dry yeast
- ½ C. warm water (110-115°F)
- ½ C. reduced-fat small-curd cottage cheese
- ¼ C. HONEY
- 2 Tbsp. canola oil
- 1 egg
- 2-2½ C. bread flour
- ½ C. whole wheat flour
- ¼ C. rye flour
- ¼ C. quick oats
- ¼ C. toasted wheat germ

In a mixing bowl, dissolve yeast in warm water. Add cottage cheese, honey, oil, salt, egg, and 1½ cups bread flour; beat until smooth. Gradually beat in whole wheat, rye flour, oats, wheat germ, and enough bread flour to make a soft dough. Turn onto a floured bread board; knead until soft and elastic. Place into bowl and let rise until about doubled.

Punch dough down; let rest for about 10 minutes. Shape into loaves and place into greased bread pan. Cover and let rise until doubled. Bake at 350º for 25-30 minutes or until golden brown. Remove from pan to cool on wire rack and brush butter on the top of the loaf while it's still warm.

2013 American Honey Princess Emily Campbell

### Honey Almond Biscotti
- ½ C. butter, softened
- ¼ C. HONEY
- 2 eggs
- 1 tsp. vanilla extract
- 3½ C. all-purpose flour
- 2 tsp. anise seeds
- 2 tsp. ground cinnamon
- ½ tsp. baking powder
- ½ tsp. salt
- ½ tsp. baking soda
- 1 C. dried cranberries
- ¾ C. slivered almonds

Using electric mixer, beat butter until light; gradually add honey, eggs, and vanilla, beating until smooth. In small bowl, combine flour, anise seeds, cinnamon, baking powder, salt, and baking soda; gradually add to honey mixture, mixing well. Stir in cranberries and almonds. Shape dough into two 10x3x1-inch logs on greased baking sheet. Bake at 350º for 20 minutes or until light golden brown. Remove from oven to wire rack; cool 5 minutes. Reduce oven to 300°. Transfer logs to cutting board. Cut each log into 1/2-inch slices; arrange on baking sheet. Bake 20 minutes or until crisp. Cool on wire racks. Yield: 3 dozen

2013 American Honey Queen Caroline Adams

### Peanut Apple Salad
- 3 C. diced, unpeeled red apples
- 1 C. diced celery
- ¼ C. salted peanuts
- ½ C. mayonnaise
- 3 Tbsp. HONEY
- 1 tsp. celery seed

Put apples, celery, and peanuts in a bowl. Mix remaining ingredients together and pour over first mixture. Stir to coat. Makes 6 servings.

Sweet Things to Eat from Nebraska

### Applesauce
- 4-6 medium apples, peeled and cut into chunks
- ½ C. water
- ½ C. HONEY
- 1 tsp. cinnamon
- 1/8 tsp. ground nutmeg

In a large saucepan, heat the water and apple chunks to boiling over medium heat. Reduce and simmer them uncovered, stirring occasionally until they are tender, 5 to 10 minutes. Stir in the rest of the ingredients. Heat to boiling. Boil and stir for 1 minute. Makes 4-6 servings.

SueBee Honey’s Cooking with Kids

### Lamb’s Wool for Kids
- 4 C. apple juice
- 2 C. orange juice
- 2 Tbsp. orange rind, grated
- 1 cinnamon stick
- ½ C. HONEY
- 2 Tbsp. lemon juice
- whipped topping

Simmer all ingredients except the whipped topping. Cool if you wish to serve cold or serve warm. Top with a dollop of “wool” (whipped topping) whether hot or cold.

### Double Chocolate Oatmeal Cookies
- 1 C. shortening
- 1¼ C. HONEY
- 2 eggs
- 2 squares chocolate, melted
- 1 tsp. vanilla
- 2 C. flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¾ tsp. salt
- 1½ C. rolled oats
- 1 C. chopped nuts
- 1½ C. chocolate chips


Alice Rekeweg
1st place, Baking with Honey Contest
2013 North American Beekeeping Conference

Honey Queen and Princess photos courtesy of Barry Conrad.
Yummy Honey Chicken Kabobs
- ¼ C. vegetable oil
- ⅓ C. HONEY
- ½ C. soy sauce
- 1 tsp. ground black pepper
- 2 cloves garlic
- 5 small onions, cut in 2-inch pieces
- 2 red bell peppers, cut in 2-inch pieces
- 8 skinless, boneless chicken breast halves, cut in 1-inch cubes
- Skewers

In a large bowl, whisk together oil, honey, soy sauce and pepper. Before adding chicken, reserve a small amount of marinade to brush onto kabobs while cooking. Place chicken, garlic, onions and peppers in the bowl and marinate in the refrigerator at least 2 hours (the longer the better).

Preheat grill for high heat. Drain marinade from the chicken and vegetables and discard marinade. Thread chicken and vegetables alternately on the skewers. Lightly oil the grill grate. Place skewers on the grill. Cook for 12 to 15 minutes, until chicken juices run clear, turning and brushing with reserved marinade frequently.

Allrecipes.com

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 ¼ cup for each cup honey used; and add ½ teaspoon baking soda for each cup of honey used.

All honey will naturally crystalize. Store honey at room temperature. If it becomes crystalized, place the jar in a warm water bath and stir until the crystals dissolve. You may also microwave in a microwave-safe container with the lid off, stirring every 30 seconds until the crystals dissolve. Be careful not to boil or scorch the honey.

There are over 300 unique varieties of honey in the United States, each originating from a different floral source.

American Honey Queen
Caroline Adams is the daughter of Ned and Caryl Adams of Plano, Texas. She began beekeeping six years ago through the Collin County Hobby Beekeepers Association and currently maintains three beehives. Caroline is a student at Collin College in Plano, Texas, where she is majoring in American Sign Language. In her spare time, Caroline enjoys playing and teaching violin and mandolin, serving at her church, sewing, cooking, and most of all, spending time with her family.

American Honey Princess
Emily Campbell is the daughter of Becky Zenke and Erich Campbell. She is originally from Aitkin, Minnesota, and is a freshman at the University of Minnesota-Crookston, where she is pursuing a degree in large animal veterinary medicine. She is also a first generation beekeeper, keeping bees as a hobby. In her free time, Emily enjoys ice fishing, traveling, showing horses, and baking.