

Honey Asian Salad Dressing

- ¼ C. mayonnaise
- 4 Tbsp. rice wine vinegar
- 2 Tbsp. HONEY
- 2 Tbsp. sesame seed oil
- 1 Tbsp. toasted sesame seed oil
- 1 tsp. Dijon mustard

PRINCESS'S
RECIPE

In a medium size bowl, combine all ingredients and stir until well blended. Refrigerate salad dressing in a covered container for up to one week. Yields approximately ¾ cup. Serve on a salad with lettuce, peas, grated carrot, shredded cabbage, sesame seeds, and any other toppings of your choice.

2015 American Honey Princess Hayden Wolf

Banana Bread

- 2 C. whole wheat flour
- 1 tsp. baking soda
- ¼ tsp. salt
- ½ C. sugar free applesauce
- ¾ C. HONEY
- 2 eggs, beaten
- 3 mashed overripe bananas



QUEEN'S
RECIPE

Preheat oven to 350°. Lightly grease a 9x5 inch loaf pan. In a large bowl, combine flour, baking soda, and salt. In a separate bowl, mix together applesauce and HONEY. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan. Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes; turn out onto a wire rack.

2015 American Honey Queen Gabrielle Hemesath

**Store honey at room temperature –
your counter or pantry is ideal!**

Crock-Pot™ Honey Sesame Chicken

- 6–8 boneless, skinless chicken thighs or 4 chicken breasts (about 2 lbs.)
- Salt and pepper to taste
- ½ C. diced onion
- 2 cloves garlic, minced
- 1 C. HONEY
- ¼ C. ketchup
- ½ C. low sodium soy sauce
- 2 Tbsp. vegetable or olive oil
- ¼ tsp. red pepper flakes
- 4 tsp. cornstarch
- ⅓ C. water
- 2 packets minute rice, optional
- ½ tsp. (or more) sesame seeds
- 3 scallions, chopped

Lightly season both sides of chicken and place in Crock-Pot. In a medium bowl, combine onion, garlic, HONEY, ketchup, soy sauce, oil, and red pepper flakes. Pour over chicken. Cook on low for 3–4 hours or high for 2 hours. Remove chicken to a cutting board, leaving sauce. Shred chicken into bite-sized pieces, set aside. Prepare rice according to package.

In a small bowl, dissolve cornstarch in water, add to Crock-Pot. Stir to combine with sauce. Cover and cook sauce on high for 10 more minutes or until slightly thickened. Add rice to four plates, top with chicken, and spoon sauce over top. Sprinkle with sesame seeds and chopped scallions.

thecomfortofcooking.com

Cold and Flu Season Cider

- 8–10 oz. water
- ⅛ tsp. cinnamon
- 1 tsp. HONEY
- 1 Tbsp. apple cider vinegar

Bring water to a boil; while heating water, put other ingredients in cup and pour boiling water into cup and stir well.

Thehomesteadsurvival.com

Worry-Free Carrot Cake

- 1¾ C. flour
- 1 tsp. baking soda
- ¼ tsp. salt
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- ¾ C. HONEY
- 3 eggs
- ⅓ C. vegetable oil
- 1 tsp. vanilla
- 1½ C. finely grated carrots
- ½ C. canned crushed pineapple, drained
- ½ C. finely chopped walnuts



Preheat oven to 350°. Grease an 8-inch square baking pan. In a medium bowl, stir together the flour, baking soda, salt, and spices. In a large bowl, stir together the HONEY, eggs, oil, and vanilla until well blended. Add the flour mixture to the liquids and stir until all dry ingredients are blended. Stir in the carrots, pineapple, and walnuts by hand. Pour into prepared pan. Bake for 50 minutes or until toothpick in the center comes out clean. Cool completely. Frost with favorite cream cheese frosting if desired.

Taste of Home Magazine

Peanut Butter Dip

- 1 heaping C. plain Greek yogurt
- ½ C. creamy peanut butter
- ¼ C. HONEY
- ¼ or more tsp. cinnamon

Mix until thick and creamy and well blended. Serve with apples, marshmallows, graham crackers, grapes, pretzels, or anything—even just by the spoonful!

Foodfunlife.blogspot.com

HONEY
FACT

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.



Honey Roasted Sweet Potatoes with Honey Cinnamon Dip

Honey Roasted Sweet Potatoes

- 2 or 3 sweet potatoes or yams
- ¾ Tbsp. HONEY
- ¾ Tbsp. oil-olive or vegetable
- 1 Tbsp. cinnamon, or to taste
- Salt and pepper to taste, optional
- Pumpkin pie spice, nutmeg, ginger, allspice, optional

Preheat oven to 400°. Spray baking sheet with cooking spray. Slice potatoes into 1-inch chunks and put in a gallon-sized zippered bag. In bag, add HONEY, oil, cinnamon, salt and pepper to taste, and seasonings, if using. Shake and turn bag to evenly distribute HONEY, oil and spices. Transfer potatoes to baking tray, arranging in a single layer and not touching, if possible. Do not dump potatoes from bag onto baking sheet. Keep excess marinade to add halfway through baking. Bake for 20–25 minutes, remove from oven and flip potatoes using tongs. If there is extra marinade, lightly and evenly drizzle it over the potatoes. Return sheet to oven and bake for about 15–20 minutes or until fork-tender. Keep a close eye on potatoes in the final minutes so they don't burn. Baking times will vary based on ovens, potato sizes, how full the pan is, and how well done you like them. While potatoes finish baking, make the dip.

Creamy Honey Cinnamon Dip

- Heaping ½ C. plain or vanilla Greek yogurt or sour cream
- ¾ Tbsp. HONEY
- 1 tsp. cinnamon, or to taste

Add all ingredients in a small bowl and whisk until smooth and combined. This will keep airtight in the fridge for up to a week.

averiecooks.com

American Honey Queen

Gabrielle Hemesath is the daughter of Mary and Russell Hemesath of Clermont, Iowa. She became interested in beekeeping at a young age and began working in a commercial beekeeping operation in 2008. Through her work, Gabrielle found a great love for honeybees and now owns two hives of her own. Gabrielle is a student at Iowa State University, studying marketing. During her free time, Gabrielle enjoys reading, biking, and baking.

American Honey Princess

Hayden Wolf is the daughter of Gus and Joanne Wolf of Big Sandy, Texas. She began beekeeping through the East Texas Beekeepers Association Youth Beekeeping Scholarship program and now cares for more than a dozen hives. In her free time she enjoys cooking, art, music, photography, being outdoors, and volunteering in her church. Hayden plans to pursue a degree in nutritional science and become a registered dietitian.

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HONEY Recipes 2015



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