Cranberry Nut Scones
(Source: Liz Vaenoski)

2 c. flour
2 tsp. baking powder
1 tsp. nutmeg
¾ tsp. baking soda
½ c. butter
½ c. craisins
½ c. chopped walnuts (optional)
½ c. buttermilk
¼ c. honey
1 large egg, separated
2 tsp. sugar

Preheat oven to 350°F. Lightly grease cookie sheet. In large bowl, combine flour, baking powder, nutmeg, baking soda, and salt. Mix well. With pastry blender or fork, cut in butter until mixture resembles coarse crumbs. Add craisins and optional nuts; mix well. In small bowl, combine buttermilk, honey, and egg yolk; blend well. Turn dough out onto lightly floured surface; knead lightly about 12 times. Divide dough in half and place on a cookie sheet; pat each half into a 6-inch circle. Cut each into 6 wedges. Do not separate. In small bowl, beat egg white slightly; brush over top of scones. Add 2 tsp. sugar. Bake about 20 minutes or until golden brown. Serve warm or cold with honey butter (recipe inside). Makes 12 scones.

Honey Iced Tea
(Source: honey.com)

1 quart boiling water
12 tea bags
Juice of 1 lemon
¼ c. honey
1 quart cold water

Add tea bags to boiling water and allow to steep 3 to 5 minutes. Remove tea bags and add lemon juice and honey. Stir to combine. Add cold water and refrigerate. Pour over ice cubes in tall glasses.

Did you know...?
The color, flavor, and even aroma of honey differs, depending on the nectar of flowers visited by the bees that made it. There are more than 300 unique types of honey available in the United States alone, each originating from a different floral source.

In addition to being an amazing natural sweetener, honey is a wholesome sore-throat soother and a natural energy booster. Research has also shown that honey contains a range of vitamins, minerals, amino acids, and antioxidants.

Honey Recipes
2022
from
American Honey Queen
Lucy Winn

American Honey Queen
Lucy Winn is the daughter of Stephen and Lauren Winn of Carlisle, Pennsylvania. She is a sophomore at the DeSales University, where she studies business management and marketing. Lucy’s family keeps backyard bee hives, which sparked a passion for beekeeping. At school, she tutors local students in math. In her free time, Lucy loves to read, throw pottery, walk her dog, and tend to her bees.

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Honey Tips & Tricks:
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 degrees to prevent over-browning; reduce any liquid by ¼ cup for each cup of honey used; and add ½ teaspoon baking soda for each cup of honey used.

All honey will naturally crystallize. Store honey at room temperature. If it becomes crystallized, place the jar in a warm water bath and stir until the crystals dissolve. Be careful not to boil or scorch the honey.

To receive recipe brochures for your honey promotions, contact:
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**State Fair Honey Lemonade**  
(Source: Jennifer Grisim, 1991 MN Honey Queen)  

- 6 oz. frozen lemon juice  
- 2 ¾ quarts ice water  
- ½ lb. mild honey  

Blend ingredients and serve over ice.

**Honey Wheat Bread**  
(Bread Machine)  
(Source: Tami Kuehl)  

1 c. hot tap water  
2 T. butter, cubed  
3 T. honey  
1 c. whole wheat flour  
2 c. bread flour  
1 tsp. salt  
2 tsp. active dry yeast  

Place all ingredients in bread pan in order listed; select light crust setting and press start. After baking cycle ends, remove bread from pan and place on a wire rack to cool.

You can also prepare the recipe on the dough cycle, and then form dough into a loaf (or any shape such as braids, rolls, etc.) and place in a standard bread pan that has been sprayed with non-stick spray. Cover loosely with a towel and place on top of oven for 30 minutes to rise while preheating oven to 350°F. Bake 25 minutes. Cool on a wire rack. Serve with Honey Butter (below).

**Honey Butter**  
(Source: Liz Vaenoski)  

- ½ c. butter  
- ½ c. honey  

Combine butter and honey; blend thoroughly. Store in refrigerator.

**Honey Cole Slaw**  
(Source: Cathy Jo Rufer)  

- ½ c. mayonnaise  
- 2 T. honey  
- ¼ tsp. onion powder  
- 2 T. vinegar  
- ½ tsp. salt  
- ½ tsp. celery seed  
- 4 c. grated cabbage  

Combine all ingredients except cabbage. Pour over shredded cabbage and mix well.

**Honey Baked Chicken**  
(Submitted by Lucy Winn, 2022 American Honey Queen)  
(Source: National Honey Board)  

**CHICKEN:**  
- 2 ½ to 3 lbs. skin-on, bone-in chicken thighs/legs  
- 1 c. all-purpose flour  
- 2 large eggs  
- 1 ½ c. panko breadcrumbs  
- 1 ½ c. plain breadcrumbs  
- ¼ c. avocado oil  

**HONEY GLAZE:**  
- 1 c. honey  
- ¾ c. orange juice  
- ¼ c. soy sauce  
- 2 cloves garlic, finely minced  
- 2 tsp. hot sauce  
- 1 tsp. black pepper  
- ½ tsp. kosher salt  
- parsley, for garnish  

Heat oven to 400°F and prepare 9x13 baking pan. Set up a breading station with 3 shallow bowls, filling one with the flour, one with the eggs, and the last with the breadcrumbs and avocado oil. Season each with salt and pepper, mixing together to combine. The texture of the breadcrumbs should feel and look like wet sand. Rinse and pat dry the chicken; season generously on both sides with salt and pepper. Starting with the flour, dredge on both sides; move on to the egg to coat evenly; then cover with breadcrumbs. Transfer to the baking pan. Repeat with remaining pieces of chicken. Bake chicken for 25 minutes.

While the chicken is baking, in a medium saucepan combine the honey, orange juice, soy sauce, minced garlic, hot sauce, pepper, and salt. Bring to a boil and reduce slightly. After 25 minutes, remove chicken from oven and lower oven temperature to 350°F. Using tongs, turn over chicken in pan and pour over the glaze, leaving about ¼ of the sauce in the saucepan. Return chicken to the oven and bake for another 10 minutes.

Place the saucepan with the remaining glaze back on the burner. Bring to a boil and continue to reduce until it is a thick syrup. Once the chicken has finished cooking, transfer to a serving platter and pour the cooked down glaze over the top. Sprinkle chopped parsley over the top and serve.

**Roasted Sweet Potato Rounds**  
(Source: Marie Simmons)  

- 1 tsp. ground cumin  
- ½ tsp. sea salt  
- 2 large sweet potatoes, cut into ½-inch thick rounds  
- 2 T. olive oil  
- 4 T. honey  

Preheat oven to 400°F. Combine cumin and salt in a small bowl and set aside. Place sweet potato rounds in a bowl; drizzle with olive oil and toss to coat evenly. Arrange rounds in a single layer on a lined sheet pan. Brush with 2 tablespoons of honey and sprinkle with half of the cumin and salt. Roast for 25 minutes in oven. Remove pan from oven; turn over potato rounds and brush with remaining honey and sprinkle with remaining cumin and salt. Roast for about 20 minutes or until tender and browned.

**Honey Peanut Blossom Cookies**  
(Source: ABF Auxiliary Cookbook)  

- 2 ¼ c. flour  
- 1 tsp. baking soda  
- ½ tsp. salt  
- 1 ¼ c. shortening  
- 1 tsp. vanilla  
- ½ c. peanut butter  
- ½ c. honey  
- ½ c. packed brown sugar  
- 1 large egg  
- White sugar for rolling  
- Hershey’s chocolate kisses  

Combine flour, soda, and salt in a medium bowl; set aside. In a large bowl, thoroughly cream shortening, vanilla, peanut butter, honey, brown sugar, and egg. Stir in flour mixture. Shape into 1-inch balls. Roll in sugar and place on baking sheet. Bake at 350°F for 10 minutes. Immediately place Hershey’s kiss in center of each cookie, pressing down slightly. Cool on wire rack. Makes 3 dozen.

**Honey Caramel Popcorn**  
(Source: Nebraska Honey Producers Association Cookbook)  

- 1 gallon popped popcorn  
- ¾ c. honey  
- ½ c. brown sugar  
- ½ c. butter  
- 1 large egg  
- White sugar for rolling  

Combine butter, sugars, and honey in medium saucepan; bring to a boil and let boil until slightly thick. Place popcorn in roasting pan; pour caramel sauce evenly over popcorn and mix until evenly covered. Bake at 300°F for about 20 minutes, stirring every 5-minutes. Let cool and dry; break apart and store in airtight container.