

# Honey In A Hurry

To add a twist to old favorites, try some quickie pizzazz ideas from the National Honey Board.

## Breakfast

- Drizzle honey on fresh grapefruit halves. Eat cold or brown halves under the broiler for two minutes.

- Honey Power - Mix 2 Tbsp. honey with ¼ cup each nonfat yogurt and applesauce. Add ¼ cup orange juice and stir for a power shake without the blender.

- Sweet Surprise - Spread toasted bread, bagels or English muffins with low fat cream or ricotta cheese. Sprinkle with almonds and drizzle with honey.

- Sunshine Smoothie - In a blender or food processor container, combine 1 cup plain or vanilla yogurt, ½ cup orange juice, 2 tablespoons honey, 1 cup cut-up fresh fruit and ½ cup crushed ice; process until smooth.

- Honey-Orange Yogurt - Mix together 1 cup plain or vanilla yogurt, 2 tablespoons honey and 2 tablespoons undiluted frozen orange juice concentrate.

- Use as a topping for frozen waffles or stir into hot oatmeal for a hearty and healthy treat.

- Citrus Times Two - Combine 2 tablespoons honey and 1 tablespoon undiluted frozen orange juice concentrate; drizzle over grapefruit halves and broil, if desired.

## Anytime Snacks

- Layer yogurt, granola and fresh fruit in parfait glasses. Drizzle with honey. Repeat twice more, ending with a drizzle of honey on top.

- Mix 2 Tbsp. honey with cup of sour cream. Pour over a bowl of fresh blueberries or strawberries. Mix equal parts honey and peanut butter. Use as a quick sandwich filling or celery topper.

## Dressings and Dips

- Combine cup each white wine vinegar and honey with 2 tablespoons chopped fresh basil and 1 tablespoon minced green onion. Add salt and pepper to taste. Mix well. Toss with mixed greens.

- Mix 2 tablespoon each minced onion, red wine vinegar and warm honey with cup mayonnaise and teaspoons paprika. Use as a salad dressing or vegetable dip.

- Combine equal parts Dijon-style mustard and honey. Spread on sandwiches, use as a dip for vegetables and pretzels, or brush on grilled meat and sausages.

- Mix cup mayonnaise, cup honey, 2 tablespoons Dijon-style mustard and 1 teaspoon prepared horseradish. Use as a dip for chicken or turkey nuggets.

## Main Dish Sauces

Cook 2 tablespoons chopped onion in cup butter until onion is translucent. Stir in cup honey, 2 tablespoons lemon juice and 1 tablespoons chopped fresh basil. Bring to a boil; serve over fish or poultry.

- Use as a glaze to refresh store-bought rotisserie chicken.

## Dessert Sauces

- Combine 1 cup nonfat sour cream,

cup each honey and unsweetened cocoa powder, and 1 tsp. vanilla. Cover and refrigerate. Serve with fresh fruit and chunks of angel food cake.

- Combine 1 cup honey, cup fresh or frozen blueberries and 1 teaspoon cinnamon. Bring to a boil. Reduce heat and simmer 10 minutes. Remove from heat and stir in 1 quart fresh or frozen sliced peaches. Serve over waffles, pancakes or ice cream. Reserve cup liquid from 1 can (16 oz.) of tart red cherries.

## Finishing Touches

- Mix honey with melted butter. Drizzle over angel food cake or pound cake for a sweet shiny glaze.

- To top carrot cakes and cupcakes, soften an 8-ounce package of cream cheese and mix with cup of honey and a pinch of salt.

Cream until smooth. Beat 1 cup heavy cream until soft peaks form. Gradually add 3 tablespoons honey and beat until stiff peaks form. Fold in 1 teaspoon vanilla.

- Combine cup honey, cup each lemon juice and orange juice. Stir until well blended. Refrigerate until ready to serve.

## Super Quick Honey Tips

- Stir a spoonful of honey into fruit juice or nonfat yogurt.

- Drizzle warm honey over pancakes, cornbread and ice cream.

- Dip apple slices or other fresh fruit in honey.

- Dress up a snack of crackers and cheese with a dab of honey.

- Perk up bottled Italian dressing by adding a splash of honey.

- Mix 2 Tablespoons honey into prepared barbecue sauce - add more to suit your taste.



# A Honey For Every Occasion

What do you have to show for your life's work? It takes 864 honey worker bees a whole lifetime to produce one pound of honey from a single blossom type, according to the National Honey Board.

Information from the Honey Board's website encourages you

honey and add one of the following ingredients.

## Citrus Honeys

Add 1 tablespoon grated grapefruit, lemon, lime or orange peel. Heat mixture on low heat. Let stand at least 2 hours. Strain and pour honey into 8-ounce jar with lid.

## Mint Medley

Add ¼ cup chopped fresh mint. Heat mixture on low heat. Let stand at least 2 hours. Strain and pour honey into 8-ounce jar with lid. Add 1 tablespoon julienned fresh ginger root. Heat mixture on low

stand at least 2 hours. Strain and pour honey into 8-ounce jar with lid.

## Honey 'N Spice

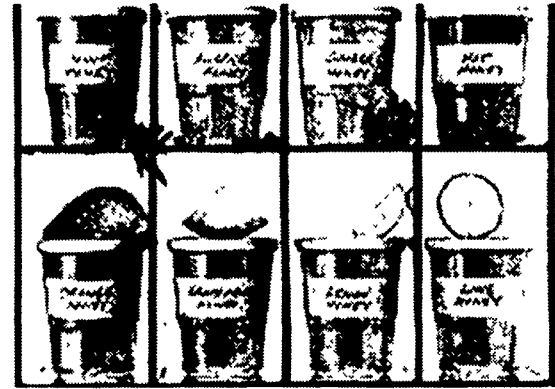
Add 1 tablespoon whole allspice. Heat mixture on low 10 minutes. Let stand at least 2 hours. Heat mixture on low 10 minutes, a second time. Let stand overnight. Strain and pour honey into 8-ounce jar with lid.

## Hot Honey

Add 1½ teaspoons dried hot crushed red pepper. Heat mixture on low 10 minutes. Let stand 1 to 2 hours.

Strain and pour honey into 8-ounce jar with lid.

Be careful not to boil or scorch the honey when heating. All flavors make about 1 cup.



to celebrate all those bees' life-work by creating your own "flavored" honey.

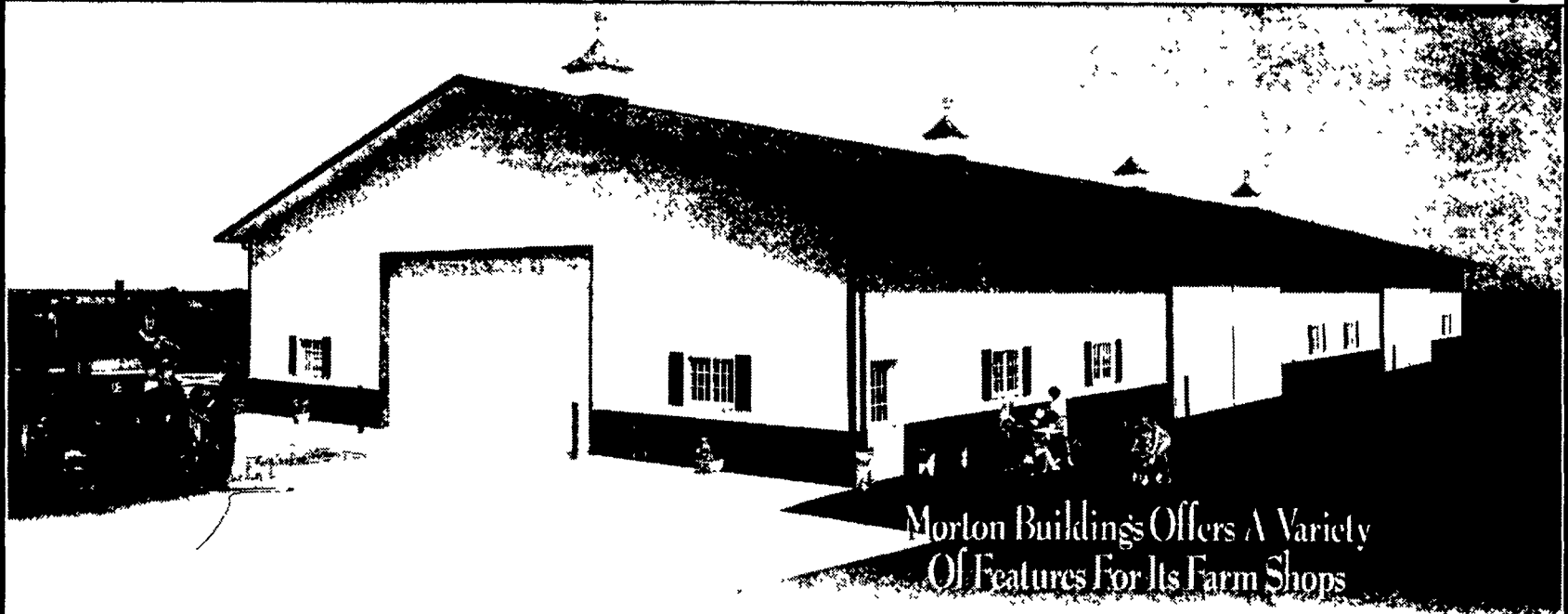
Although various honey varieties are available in different regions of the country, you can bring home some Southwest by adding crushed red pepper or some snappy citrus flavor by adding grapefruit, lemon, or orange variations.

Fresh mint, whole allspice, or fresh ginger root adds spice to the sweet taste of honey.

Always begin with a milder variety. In general, milder varieties (such as alfalfa or clover) have a lighter color. All you need in addition to the honey is a sauce pan, a strainer and a flavor.

Use 1 (1-lb) jar (1½ cups)

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