



Notes on Honey

Honey is a sweet treat that goes well in baked goods, marinades, sorbet, ice cream, and salad dressing. Honey should be stored at room temperature. If crystals form simply, place the honey container in warm water and stir until crystals dissolve. Children under one year should not consume honey.

Simple Ideas for Honey

- Spread honey on a peanut butter sandwich.
- Make quick honey butter by combining a stick of butter with $\frac{1}{2}$ cup of honey.
- Drizzle honey over vanilla ice cream for a sweet treat.
- Soften a 8-ounce package of cream cheese and add $\frac{1}{4}$ cup of honey. Blend until smooth to create a tasty frosting.
- Mix honey into marinades or sauces for a salty but sweet contrast.

Salted Nut Roll Bars

Award winning recipe by: Jerilyn Honl, Gaylord, MN

- 1 Yellow cake mix
- 1 Egg
- $\frac{1}{3}$ Cup Margarine
- 3 Cups Miniature marshmallows
- $\frac{2}{3}$ Cup Honey
- $\frac{1}{4}$ Cup Margarine
- 1 10ounce Package peanut butter chips
- 2 Cups Crisp rice cereal
- 2 Cups Salted Peanuts

Mix cake mix, egg and $\frac{1}{3}$ cup margarine together. Pat into greased 9X 13 inch baking pan. Bake at 350° for 15 minutes. Top with marshmallows; bake until puffy and lightly browned, 5 to 10 minutes. Melt honey, $\frac{1}{4}$ cup margarine, and chips in a double boiler (or microwave). Stir together cereal, peanuts and melted mixture. Evenly spoon over marshmallow layer. Cut into bars when cool.

Honey Carrots

Recipe by: National Honey Board

- 2 lbs carrots, pared, trimmed and cut into narrow 2 to 3 inch sticks
- $\frac{1}{3}$ cup honey
- $\frac{1}{4}$ cup butter, cut into pats
- $\frac{1}{4}$ cup dry sherry or apple juice
- 1 teaspoon rosemary, crushed
- 1 teaspoon thyme
- $\frac{1}{4}$ teaspoon salt

Place carrots in 10-inch skillet with 2 cups water; cover and bring to a boil. Simmer for about 8 minutes or until carrots are tender. Drain water. Add honey, butter, sherry or apple juice, rosemary, thyme and salt to skillet. Cook, turning carrots in sauce until glazed and hot, about 6 minutes. Makes 8 servings.