

good & golden

*Honey's a natural
for year-round baking.*



Some do it for their family. Some do it for their friends. Some just do it for fun. But whatever the reason, today's bakers are running their ovens overtime to satisfy that craving for delicious homemade goodies. And with the sweet touch of honey, the art of baking is a little more golden.



For centuries, honey's been used as a sweetener for all kinds of baked goods. It's easy to see why. Honey makes everything from quick breads to cookies come out moist and golden-hued. Because it's a natural humectant, honey makes baked goods stay fresher longer. But perhaps best of all, honey's subtle, rich flavor lends a distinctive taste to everything it touches.

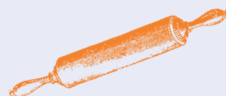
Novice and experienced bakers alike find that baking with honey lets them make delicious desserts and baked goods that rival those from the best bakeries. With easy-to-follow instructions, you can prepare simple afternoon treats such as Honey Chocolate Chippers and Honey Apricot Muffins, or show-stopping desserts like Honey Tarte Tatin and Honey Devil's Food Cake with Rich Chocolate Frosting.

Whether you're in the mood to bake or simply have a craving for something sweet, try these delicious honey treats. To use honey in place of sugar in your favorite recipes, just follow these easy substitution tips and make all your baked goods golden!

A Change for the Better

To substitute honey for sugar in your recipes, follow these simple guidelines.

- Substitute honey for up to half the sugar called for in the recipe. With a little experimentation, honey can replace all the sugar in certain recipes.
- Reduce the liquid in the recipe by 1/4 cup for each cup of honey used.
- Add 1/2 teaspoon baking soda for each cup of honey used.
- Reduce oven temperature by 25°F to prevent over-browning.
- Remember, honey has a higher sweetening power than sugar. It will take less to sweeten your recipe.
- For easy measuring and fast clean-up, coat measuring cups and spoons with vegetable oil or nonstick cooking spray before measuring honey.
- One 12-ounce jar of honey equals a standard measuring cup.



Honey, You're One of a Kind

Every honey variety has its own unique color and taste. There are approximately 300 varieties of honey in the United States – with tastes that range from delicately sweet to richly bold. In general, the lighter the color of honey, the milder the flavor. Try clover or orange blossom in Lemon Dream Pie and Honey Whipped Cream or more robust varieties like buckwheat or wildflower in Honey Soda Bread and Honey Almond Butter.



When stored properly, honey's shelf life is almost indefinite. Store honey at room temperature – the kitchen counter or pantry shelf is ideal. Don't store honey in the refrigerator.

If honey crystallizes (a natural process) or is difficult to pour, simply place the honey jar in warm water and stir until crystals dissolve. Or place the honey in a microwave-safe container with the lid off and microwave it on HIGH, stirring every 30 seconds, until crystals dissolve. Be careful not to boil or scorch the honey.



Simply Sweet Ideas

Sweet Touch – Mix honey with melted butter. Drizzle over angel food cake or pound cake for a quick finishing touch.

Fat-Free Hard Sauce – Mix creme honey with a splash of brandy. Spread on quick breads, fruitcake or toasted bread.

No-Fuss Frosting – To frost carrot cakes and cupcakes, soften an 8-ounce package of cream cheese and mix with 1/4 cup of honey and a pinch of salt. Cream until smooth.



One tablespoon of honey contains:

Calories: 60	Total Fat: 0 g
Total Carbohydrates: 17 g	Protein: 0 g

Honey contains a wide complement of several essential vitamins and minerals, including niacin, riboflavin, pantothenic acid, calcium, copper, iron, magnesium, manganese, phosphorous, potassium and zinc. While honey's vitamins and minerals are present in trace amounts only, the breadth of the array is important to many of today's health conscious consumers. This is a value which honey adds that many other sweeteners do not.

Note: Honey should not be fed to babies under one year of age. Honey is a safe and wholesome food for older children and adults.



Honey Apricot Muffins

2-1/2 cups all-purpose flour
1-1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground ginger
1/2 cup butter or margarine, softened
1 cup honey
2 eggs
1/2 cup 2% milk
1 cup coarsely chopped dried apricots
1 cup chopped walnuts

Grease muffin tin or line with muffin cups. In small bowl, mix flour, baking powder, baking soda, salt and ginger. In large bowl, cream butter with honey until light and fluffy. Beat in eggs and milk. Stir dry ingredients into wet mixture until just moistened. Stir in apricots and walnuts. Pour into muffin cups. Bake at 350° F for 25 to 30 minutes, or until golden brown and toothpick inserted in center comes out clean. Cool on wire racks.

Makes 12 muffins.

Nutrients Per Serving (1 muffin):

Calories: 356	Sodium: 352 mg
Carbohydrates: 52.5 g	Protein: 6.07 g
Cholesterol: 57.0 mg	Dietary Fiber: 2.21 g
Total Fat: 15.2 g	Cal. from Fat: 37%

Lemon Dream Pie

1 prepared or homemade 9-inch pie shell
1-1/2 cups water
1 cup honey
1/2 cup lemon juice
1/3 cup cornstarch
2 Tablespoons butter or margarine
1 teaspoon grated lemon peel
1/4 teaspoon salt
4 egg yolks, lightly beaten
1-1/2 cups heavy whipping cream, whipped to soft peaks

Bake empty pie shell according to package directions until golden brown. In medium saucepan, combine water, honey, lemon juice, cornstarch, butter, lemon peel and salt. Bring to a boil, stirring constantly. Boil for 2 minutes. Remove from heat. Stir small amount into yolks. Pour yolk mixture back into honey mixture; mix thoroughly. Pour into pie shell. Chill. To serve, top with whipped cream.

Makes 8 servings.

Nutrients Per Serving:

Calories: 480	Sodium: 242 mg
Carbohydrates: 53.1 g	Protein: 3.98 g
Cholesterol: 175 mg	Dietary Fiber: 0.61 g
Total Fat: 29.8 g	Cal. from Fat: 54%

Lemon Dream Pie

Honey Tarte Tatin

Prepared or homemade pie dough for 9-inch pie
1 Tablespoon butter or margarine
1/2 cup honey
1/4 teaspoon ground cinnamon
4 tart apples such as Granny Smith or Pippin
Honey Whipped Cream

Roll pie dough out to 10-inch circle; set aside. Generously butter bottom and sides of 9-inch ovenproof skillet or glass pie pan. Pour honey into skillet or pan; sprinkle with cinnamon. Peel, core and cut apples into quarters. Arrange apple wedges, curved side down, in pan. Lay pie dough over apples. Fold and tuck edges down between apples and sides of pan. Bake at 400 F for 45 minutes, or until pastry is golden brown. Let cool in pan for 5 minutes before inverting onto serving platter. Let cool to room temperature before serving. Serve with Honey Whipped Cream.

Makes 8 servings.

Nutrients Per Serving (not including whipped cream):	
Calories: 232	Sodium: 138 mg
Carbohydrates: 37.6 g	Protein: 1.62 g
Cholesterol: 3.88 mg	Dietary Fiber: 1.69 g
Total Fat: 9.43 g	Cal. from Fat: 35%

Honey Whipped Cream

1 cup heavy whipping cream
3 Tablespoons honey
1 teaspoon vanilla extract

In medium bowl, beat cream with electric mixer until soft peaks form. Fold in honey and vanilla.

Makes about 2 cups.

Nutrients Per Serving (1/4 cup):	
Calories: 128	Sodium: 11.5 mg
Carbohydrates: 7.39 g	Protein: 0.64 g
Cholesterol: 40.8 mg	Dietary Fiber: 0.02 g
Total Fat: 11.0 g	Cal. from Fat: 76%

Honey Devil's Food Cake with Rich Chocolate Frosting

1-1/2 cups all-purpose flour
1-1/2 cups unsweetened cocoa powder, divided
2 teaspoons baking soda
1 teaspoon baking powder
1/2 teaspoon salt
2 cups honey, divided
1/2 cup 2% milk
1/2 cup vegetable oil
2 eggs
3 teaspoons vanilla extract, divided
1 cup boiling water
1 cup heavy whipping cream

To prepare cake: Grease and flour two 9-inch cake pans. In large bowl, combine flour, 1 cup cocoa powder, baking soda, baking powder and salt. Add 1-1/2 cups honey, milk, oil, eggs and 2 tsp. vanilla; beat for 2 minutes. Gradually beat in water. Divide batter between pans. Bake at 350 F for 25 to 30 minutes, or until sides pull away slightly from pan and toothpick inserted in center comes out clean. Cool for 10 minutes. Turn onto wire racks and cool completely.

To prepare frosting: In medium bowl, combine remaining 1/2 cup cocoa powder, 1/2 cup honey, 1 tsp. vanilla and cream. Beat until just thick and fluffy. To assemble, spread frosting evenly over sides and top of one cake layer. Place second cake layer on top. Spread remaining frosting evenly over sides and top.

Makes 12 servings.

Nutrients Per Serving:	
Calories: 422	Sodium: 368 mg
Carbohydrates: 65.5 g	Protein: 5.68 g
Cholesterol: 63.4 mg	Dietary Fiber: 4.20 g
Total Fat: 19.0 g	Cal. from Fat: 38%

Honey Almond Butter

1/2 cup honey
4 ounces almond paste (1/2 cup)
1/4 cup butter or margarine, softened

In small bowl, blend honey and almond paste together with electric mixer. Beat in butter until creamy. Serve with Honey Apricot Muffins or toasted English muffins.

Makes about 1 cup.

Nutrients Per Serving (2 Tbsp.):	
Calories: 178	Sodium: 60.8 mg
Carbohydrates: 23.6 g	Protein: 1.82 g
Cholesterol: 15.5 mg	Dietary Fiber: 2.14 g
Total Fat: 9.6 g	Cal. from Fat: 46%

Honey Chocolate Chippers

- 1 cup honey
- 1 cup butter or margarine, softened
- 1 egg yolk
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 cup rolled oats
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup chopped toasted pecans
- 1 cup semi-sweet chocolate chips (6 oz.)

In medium bowl, beat honey and butter until creamy but not fluffy. Beat in egg yolk and vanilla. In separate bowl, combine flour, oats, baking soda and salt. Stir dry ingredients into wet mixture until thoroughly blended. Mix in pecans and chocolate chips. Chill dough for 30 minutes. Drop dough by rounded tablespoons onto ungreased cookie sheets. Flatten each cookie with a spoon. Bake at 350°F for 15 to 20 minutes, or until tops are dry. Cool on wire racks.

Makes 2 dozen.

Nutrients Per Serving (2 cookies):	
Calories: 463	Sodium: 302 mg
Carbohydrates: 54.5 g	Protein: 5.08 g
Cholesterol: 59.2 mg	Dietary Fiber: 2.71 g
Total Fat: 27.3 g	Cal. from Fat: 51%

Honey Soda Bread

- 2 cups all-purpose flour
- 1 cup whole wheat flour
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1/4 cup cold butter or margarine
- 1 cup golden raisins
- 2 teaspoons caraway seeds
- 1 cup nonfat plain yogurt
- 1/3 cup honey
- 2 Tablespoons 2% milk

In large bowl, combine flours, baking soda and salt until thoroughly mixed. Cut in butter and blend until mixture resembles coarse meal. Mix in raisins and caraway seeds. In separate bowl, whisk together yogurt and honey; blend into dry mixture. Turn dough onto lightly floured work surface; knead until smooth, about 1 minute. Shape dough into a ball. Place on lightly greased baking sheet. With a sharp knife, cut a shallow “X” on top of round. Brush top with milk. Bake at 325°F for 45 to 50 minutes, or until crust is golden brown and firm. Cool before serving.

Makes 1 loaf (6 servings).

Nutrients Per Serving:	
Calories: 452	Sodium: 715 mg
Carbohydrates: 86.9 g	Protein: 10.6 g
Cholesterol: 21.8 mg	Dietary Fiber: 4.82 g
Total Fat: 8.75 g	Cal. from Fat: 17%

Honey Devil's Food Cake with Rich Chocolate Frosting

Honey Chocolate Chippers

