

QUICK WAYS TO SWEETEN EVERY MEAL

Super Quick Honey Tips

- Sweeten coffee and tea with honey.
- 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 Tbsp. honey into prepared barbecue sauce - add more to suit your taste.

Bread Spreads

- Mix cream honey with a splash of brandy. Spread on quick breads, fruitcake or toasted bread.
- Mix 2 Tbsp. each honey and dried fruit bits into 1/3 cup cream cheese. Keep it on hand to top bagels and toast.
- Cream ½ cup butter with 1/3 to 1/2 cup honey. Add in ¼ cup blueberries or ½ cup ground nuts. Use to top warm scones and quick breads.

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 ½ cup of sour cream. Pour over a bowl of fresh blueberries or strawberries.
- Mix equal parts honey & peanut butter. Use as a quick sandwich filling or celery topper.

Dressings and Dips

- Combine ¼ cup each white wine vinegar & honey with 2 Tbsp. chopped fresh basil & 1 Tbsp. minced green onion. Add salt and pepper to taste. Mix well. Toss with mixed greens.
- Mix 2 Tbsp. each minced onion, red wine vinegar and warm honey with ½ cup mayonnaise and ¼ tsp. 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 ¾ cup mayonnaise, ¼ cup honey, 2 Tbsp. Dijon-style mustard and 1 tsp. prepared horseradish. Use as a dip for chicken or turkey nuggets.

Breakfast

- **GF & H** - 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.
- **Five-a-Day Toss** - Mix together ½ cup plain or vanilla yogurt, 2 Tablespoons honey and a pinch of ground ginger. Toss with 3 cups cut-up mixed fruit.
- **Citrus Times Two** - Combine 2 Tablespoons honey and 1 Tablespoon undiluted frozen orange juice concentrate; drizzle over grapefruit halves and broil, if desired.

Main Dish Sauces

- Combine ½ cup peanut butter with ¼ cup each honey and rice wine vinegar, 3 Tbsp. soy sauce and 1 tsp. each minced jalapeño pepper, minced garlic and grated fresh ginger. Mix until blended. Use to baste chicken or pork.
- Cook 2 Tbsp. chopped onion in ¼ cup butter until onion is translucent. Stir in ¼ cup honey, 2 Tbsp. lemon juice and 1 Tbsp. chopped fresh basil. Bring to a boil; serve over fish or poultry.
- Combine ¼ cup each Dijon mustard & dark beer, 3 Tbsp. honey, ½ tsp. minced garlic & ¼ tsp. each crushed dried thyme leaves & salt. Mix well. Serve over cooked vegetables.

Dessert Sauces

- Combine 1 cup nonfat sour cream, ½ cup each honey & unsweetened cocoa powder, and 1 tsp. vanilla. Cover and refrigerate. Serve with fresh fruit and chunks of angel food cake.
- Combine 1 cup honey, ¼ cup fresh or frozen blueberries and 1 tsp. 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 or ice cream.
- Reserve ¼ cup liquid from 1 can (16 oz.) of tart red cherries. Purée cherries in blender; add reserved liquid & ¼ cup honey. Boil in large saucepan; simmer 15 minutes or until reduced by half. Cool; stir in ¼ cup chilled champagne. Serve over sliced fruit or ice cream.

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 ¼ cup of honey and a pinch of salt. Cream until smooth.
- Beat 1 cup heavy cream until soft peaks form. Gradually add 3 Tbsp. honey and beat until stiff peaks form. Fold in 1 tsp. vanilla.
- Combine ½ cup honey, ¼ cup each lemon juice and orange juice. Stir until well blended. Refrigerate until ready to serve. Use to sweeten tea and glaze fruit.