



Recipes  
Featuring  
Fresh, Raw  
Honey

# Honey Corn Bread

## Ingredients

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- 1/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 2 large eggs, room temperature
- 1 cup heavy whipping cream
- 1/4 cup canola oil
- 1/4 cup honey



## Directions

- In a bowl, combine flour, cornmeal, sugar, baking powder and salt. In a small bowl, beat the eggs. Add cream, oil and honey; beat well. Stir into the dry ingredients just until moistened. Pour into a greased 9-in. square baking pan.
- Bake at 400° for 20-25 minutes or until a toothpick inserted in the center comes out clean. Serve warm.

## Nutrition Facts

1 piece: 318 calories, 17g fat (7g saturated fat), 83mg cholesterol, 290mg sodium, 37g carbohydrate (14g sugars, 2g fiber), 5g protein.

# Honey Chicken Kabobs

## Ingredients

- ¼ cup vegetable oil
- 1/3 cup honey
- 1/3 cup soy sauce
- ½ tsp black pepper
- 8 skinless, boneless chicken breast, cut in 2" cubes
- 2 cloves garlic, minced
- 3 red onions, cut in 2" pieces
- 2 red bell peppers, cut in 2" pieces
- 2 yellow bell peppers
- 2 summer squash or zucchini, sliced into 1" rings



## Directions

- In a large bowl, whisk together oil, honey, soy sauce, and pepper. Before adding chicken, reserve a small amount of marinade to brush onto kabobs while cooking. Place the chicken, garlic, onions and peppers in the bowl, and marinate in the refrigerator at least 2 hours (the longer the better).
- Preheat the grill for high heat.
- Drain marinade from the chicken and vegetables, and discard marinade. Thread chicken and vegetables alternately onto the skewers.
- Lightly oil the grill grate. Place the skewers on the grill. Cook for 12 to 15 minutes, until chicken juices run clear. Turn and brush with reserved marinade frequently.

# Easy Honey Mustard Mozzarella Chicken

## Ingredients

- 4 skinless, boneless chicken breast halves
- $\frac{3}{4}$  cup honey
- $\frac{1}{2}$  cup Dijon mustard
- 2-3 tsp lemon-pepper seasoning
- 4 slices bacon, cut in half
- 1 cup shredded mozzarella cheese

## Directions

- 1) Preheat oven to 375 degrees F (190 degrees C).
- 2) Place the chicken breast halves in a greased baking dish. Mix honey and mustard together, then drizzle evenly over the chicken. Sprinkle with lemon pepper.
- 3) Bake chicken 25 minutes in the preheated oven.
- 4) Meanwhile, cook bacon in microwave for 3 minutes
- 5) Top each breast half with 2 bacon slice halves, and sprinkle evenly with cheese. Continue baking 10 minutes, or until chicken juices run clear, bacon is crisp, and cheese is bubbly.



# Honey Mustard Glazed Carrots

## Ingredients

- 4 cups peeled, diagonally sliced carrots
- ½ cup water
- 1 ½ Tbs unsalted butter
- 4 tsp raw honey
- 1 Tbs prepared mustard
- ¼ tsp kosher salt
- ¼ cup chopped fresh chives

## Directions

- 1) Place carrots and ½ cup of water in medium skillet over medium high heat; bring to a boil.
- 2) Reduce heat and simmer for 6 minutes or until liquid almost evaporates.
- 3) Stir in butter, honey, mustard, and salt; cook about 3 minutes or until mixture slightly thickens.
- 4) Sprinkle with chives.



# Hibiscus Punch (Paleo, Low-Carb, THM, GAPS)

## Ingredients

- ½ cup dried hibiscus leaves
- 7 cups filtered water
- ½ cup raw honey or
- ¼ - ¾ cup monkfruit sweetener
- Juice of 1 lemon (optional)

## Directions

- 1) Steep hibiscus in 1 quart of boiling water for 2-4 hours (or overnight for best results)
- 2) Dissolve the honey or monkfruit in 1 cup of warm water in your pitcher.
- 3) Strain the hibiscus tea into pitcher using a fine mesh sieve. Add remaining 2 cups of filtered water.
- 4) Add lemon juice, if using, and give a quick stir.
- 5) Enjoy immediately or refrigerate for up to 2 weeks.



# Honey Challah

## Ingredients

- 2 packages (1/4 ounce each) active dry yeast
  - 1/2 teaspoon sugar
- 1-1/2 cups warm water (110° to 115°), divided
  - 5 large eggs
- 2/3 cup plus 1 teaspoon honey, divided
  - 1/2 cup canola oil
  - 2 teaspoons salt
- 6 to 7 cups bread flour
  - 1 cup boiling water
  - 2 cups golden raisins
  - 1 tablespoon water
- 1 tablespoon sesame seeds



## Directions

- In a small bowl, dissolve yeast and sugar in 1 cup warm water. Separate two eggs; refrigerate two egg whites. Place remaining egg yolks and eggs in a large bowl. Add 2/3 cup honey, oil, salt, yeast mixture, 3 cups flour and remaining warm water; beat on medium speed 3 minutes. Stir in enough remaining flour to form a soft dough (dough will be sticky).
- Pour boiling water over raisins in a small bowl; let stand 5 minutes. Drain and pat dry. Turn dough onto a floured surface; knead until smooth and elastic, 6-8 minutes. Knead in raisins. Place in a greased bowl, turning once to grease the top. Cover with plastic wrap and let rise in a warm place until almost doubled, about 1-1/2 hours.
- Punch down dough. Turn onto a lightly floured surface. Divide dough in half. Divide one portion into six pieces. Roll each into a 16-in. rope. Place ropes parallel on a greased [baking sheet](#); pinch ropes together at the top.
- To braid, take the rope on the right and carry it over the two ropes beside it, then slip it under the middle rope and carry it over the last two ropes. Lay the rope down parallel to the other ropes; it is now on the far left side. Repeat these steps until you reach the end. As the braid moves to the left, you can pick up the loaf and re-center it on your work surface as needed. Pinch ends to seal and tuck under. For a fuller loaf, using your hands, push the ends of the loaf closer together. Repeat process with remaining dough. Cover with kitchen towels; let rise in a warm place until almost doubled, about 30 minutes.
- Preheat oven to 350°. In a small bowl, whisk remaining egg whites and honey with water; brush over loaves. Sprinkle with sesame seeds. Bake 30-35 minutes or until golden brown and bread sounds hollow when tapped. Remove from pans to a wire rack to cool.

# OTHER USES FOR FRESH HONEY

- Mix ½ cup honey with ½ cup water and baste your roast turkey for the final 10-15 minutes for a beautiful golden skin.
- Mix a Tbl or so of honey into your fresh fruit smoothy. It adds sweetness and neutralizes the tart or bitter taste.
- As always in coffee, tea, or oatmeal.