

## Peanut Butter Play Dough

3 cups powdered sugar  
2 cups smooth peanut butter  
3/4 cup honey  
Food coloring, optional



In large mixing bowl, combine all ingredients except food coloring. Mix until ingredients are combined. Turn dough out onto clean work surface; knead like bread dough until play dough is smooth. If desired, break into even portions and knead food coloring into each until color is evenly dispersed through dough and desired hue is achieved. Store at room temperature in an airtight container.

Makes about 4 cups.

Tip: Decorate peanut butter play dough creations with chocolate chips, pretzel sticks, mini-marshmallows, wafers and candy sprinkles.

For more birthday bash and other kid-friendly recipes, visit <http://www.honey.com/recipes/broch/Celebrate/birthday.html>

## Super Fast Honey Snacks

- Drizzle honey over fresh grapefruit halves. Microwave one to two minutes — depending on how cold the grapefruit was to start — for a warm treat.
  - Microwave honey in a small microwave-safe bowl or pitcher for 15 to 30 seconds. Pour warm honey over toaster waffles, fresh slices of apples or berries.
  - Toast English muffins and spread with cream cheese. Top with slivered almonds and drizzle with warm honey.
  - Mix 1/2 cup peanut butter with 1/4 cup honey. Use as a dip for carrot and celery sticks, and pear and apple slices.
- Note: Honey should not be fed to infants under one year of age. Honey is a safe and wholesome food for older children and adults.

For more recipes, visit the National Honey Board Web site at [www.honey.com](http://www.honey.com)

Compiled by:  
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# Recipes for the Eastern Missouri Beekeepers Association

## Recipe Contest Meeting November 2008





## HONEY AND WELLNESS

### LIGHT HONEY

Alfalfa	Mild flavor; beeswax aroma	Perfect in desserts such as tarts and cookies
Basswood	Green ripening fruit taste; lingering flavor	Whip into butter for a sweet topping for bagels
Clover	Sweet flowery flavor	Sweeten freshbrewed tea and other beverages
Fireweed	Delicate and sweet with subtle tea-like notes	Heat slightly, pour onto pancakes or French Toast
Sage	Sweet, clover-like flavor; elegant floral aftertaste	Drizzle on cheese and crackers
Sourwood	Sweet, spicy anise aroma	Stir into fresh fruit salad

### MEDIUM HONEY

Blueberry	Flowery perfume; lemon aroma and fruity flavor	Slather on warm scones
Brazilian Pepper	Spicy bite	Stir into a fruity salsa
Dandelion	Strong floral flavor	Pour small amounts over vanilla ice cream
Loose strife	Delicate, sweet flavor	Melt with butter and drizzle over cooked vegetables such as asparagus or carrots
Orange Blossom	Slight citrus taste; delicate waxy aroma	Add to frosty smoothies
Tupelo	Smooth with a complex floral, herbal, fruity flavor and aftertaste	Spread onto warm, flaky biscuits

### DARK HONEY

Avocado	Rich caramelized, flowery flavor	Drizzle atop warm butternut squash soup
Buckwheat	Pungent, molasses-like flavor; dark and malty	Add into rich barbecue sauces
Eucalyptus	Mildly sweet; with slight menthol flavor	Lightly coat tender lamb shanks
Gallberry	Mild tang	Makes the ideal glaze for fish such as salmon
Wildflower	Floral, pungent flavor	Blend into dressing and marinades

## Sweetly Curried Dipping Sauce

1 cup sour cream  
 6 Tablespoons honey  
 2 Tablespoons cider vinegar  
 2 teaspoons curry powder  
 1/2 teaspoon ground cumin  
 1/4 teaspoon salt  
 2 Tablespoons chopped cilantro or parsley

In small bowl, combine all ingredients, except cilantro, until well blended. Stir in cilantro. Cover and chill until ready to serve. Serve with assorted sliced vegetables. Makes 1-1/3 cups.

Tip — To create an easy dip for grilled sausages and chicken, simply blend equal parts of honey and Dijon-style mustard.

## Honey Mint Chocolate Sauce

1-1/2 cups honey  
 1/4 cup crème de menthe liqueur  
 1 cup unsweetened cocoa powder  
 In small saucepan, combine all ingredients. Bring to boil over medium-high heat, stirring occasionally; remove from heat. Cool 10 minutes. Serve warm or pour into clean glass jars; seal tightly. Store up to 1 month in refrigerator. If desired, reheat sauce before serving. Makes 2 cups.

## Three-Citrus Butter Sauce

1 cup honey  
 1/2 cup butter  
 1/2 cup fresh lime juice  
 1/4 cup fresh lemon juice  
 1 Tablespoon cornstarch  
 1 cup grapefruit sections

In small saucepan, combine all ingredients except grapefruit; mix well. Bring to boil over medium-high heat, stirring frequently. Add grapefruit sections; boil 3 minutes, stirring gently. Cool 10 minutes. Serve warm or pour into clean glass jars; seal tightly. Store up to 2 weeks in refrigerator. Makes 3 cups

## HOWLIN' HONEY-BERRY BBQ SAUCE

- 1 cup water
- 4 teaspoons cornstarch
- Nonstick cooking spray
- 1 teaspoon minced garlic
- 6 Tablespoons green onion, thinly sliced
- 6 teaspoons chopped and seeded fresh jalapeno peppers
- 2/3 cup honey
- 4 Tablespoons seedless red raspberry preserves
- 1/2 cup ketchup
- 3 Tablespoons hot sauce

In small bowl, whisk together water and cornstarch; set aside. Lightly spray the bottom of a medium saucepan with non-stick cooking spray. Over medium heat, sauté garlic, green onion and chopped jalapeño for 2 to 3 minutes until softened. Add honey, raspberry preserves, ketchup and hot sauce; stir. Cook for 1 to 3 additional minutes. Whisk in water/cornstarch mixture and continue to cook until sauce thickens, about 3 minutes. Remove from heat and allow sauce to cool slightly. Makes 2 cups.

Tip: Howlin' Honey-Berry BBQ Sauce may be used on chicken, ribs or pork chops. Always add honey sauces to meat during last minutes of grilling to avoid caramelization and burning.

Recipe Submitted by Shannon Kohn, Simpsonville, South Carolina Fan of Carolina Panthers

## BLAZING BRONCO BURGERS WITH SMOKING CHIPOTLE HONEY SAUCE

- 1 lb. ground beef or ground buffalo
  - 1/2 teaspoon salt
  - 1/2 teaspoon pepper
  - 1 teaspoon Creole or Cajun seasoning
  - 4 roasted Anaheim chili peppers, fresh or canned
  - 4 slices (1 oz.) Pepper Jack cheese
  - 4 hamburger buns
- Smoking Chipotle Honey Sauce (recipe follows)

To prepare burgers, divide the meat into 4 equal portions and shape into patties. Combine the salt, pepper and Creole or Cajun seasoning; sprinkle the mixture evenly over the 4 patties. Grill the burgers until nearly cooked to desired level. Top each patty with a chili pepper, followed by a slice of cheese. Cover the grill and cook burgers until cheese melts and burgers are cooked to desired level. Spread the Smoking Chipotle Honey Sauce evenly on each of the four buns. Serve patties on buns and garnish with lettuce, tomato and red onion. Makes 4 servings.

Smoking Chipotle Honey Sauce – Combine 1 canned chipotle pepper in adobo sauce sliced, 1/3 cup honey, 2 Tablespoons mayonnaise, 2 Tablespoons ketchup and 1 Tablespoon yellow mustard.

2nd Place Finalist Recipe submitted by Kim Frantz, Denver, Colorado Fan of Denver Broncos



## HONEY HYDRATOR

- 1/2 cup honey
  - 1/2 teaspoon lite salt
  - 2 cups orange juice
  - 5 1/2 cups water
- Combine ingredients. Using lukewarm water will aid in dissolving honey. Then cool. Makes 8 servings

Nutrition Information per Serving (8 oz.): Calories: 75 Carbohydrates: 21 g Potassium: 85 mg Sodium: 77 mg Sugar: 19 g

## FRUITY HONEY SMOOTHIE

- 1 cup frozen strawberries
  - 1 banana
  - 1/3 cup honey
  - 1 cup skim or nonfat milk
  - 1/2 cup plain or vanilla low-fat yogurt
- In a blender, combine all ingredients; process until smooth. Makes 2 large servings

Nutrition Information per Serving: Calories: 332; Protein: 9 g; Carbohydrates: 76 g; Fat: 2 g; Saturated Fat: 1 g; Calcium: 281 mg; Potassium: 747 mg; Sodium: 110 mg

## NO-BAKE HONEY ENERGY BARS

- 2/3 cup honey
  - 3/4 cup creamy or chunky peanut butter
  - 4 cups granola mix
- In 4-cup microwave-safe container, microwave honey at HIGH (100%) 2 to 3 minutes or until honey boils. Stir in peanut butter; mix until thoroughly blended. Place granola in large bowl. Pour honey mixture over granola and combine thoroughly. Press firmly into 13x9x2-inch baking pan lined with wax paper. Let stand until firm. Cut into bars. Makes 36 bars

Nutrition Information per Bar: Calories 87; Carbohydrates 14 g; Fat 3.2 g; Protein 2.2 g; Sodium 48 mg

These beverages closely resemble the nutritional value of currently available bottled sports beverages but with a higher level of potassium.

## Honey Orange Thirst Quencher

1/2 cup honey  
1/2 teaspoon lite salt  
2 cups orange juice  
5-1/2 cups water

Combine ingredients. Using lukewarm water will aid in dissolving honey. Then cool.

Makes eight 8 oz. servings

Nutritional information per 8 oz. serving:  
Calories 75; Carbohydrate 21g.; Sugar 19g; Sodium 77mg.;  
Potassium 85mg.

## Honey Lemon Thirst Quencher

1/2 cup honey  
1/2 teaspoon lite salt  
1/4 cup lemon juice  
7-1/2 cups water

Combine ingredients. Using lukewarm water will aid in dissolving honey. Then cool.

Makes slightly more than eight 8 oz. servings

Nutritional information per 8 oz. serving:  
Calories 60; Carbohydrate 17g.; Sugar 16g.; Sodium 72mg.;  
Potassium 85mg.

## Flavored Honey Thirst Quencher

1/2 cup honey  
1/2 teaspoon lite salt  
1 package unsweetened soft drink mix  
(similar to Kool-Aid® packets)  
7-1/2 cups water

Combine ingredients. Using lukewarm water will aid in dissolving honey. Then cool.

Makes eight 8 oz. servings

Nutritional information per 8 oz. serving:  
Calories 60; Carbohydrate 17g.; Sugar 16g.; Sodium 77mg.;  
Potassium 85mg.

## TAILGATE TENDERLOIN

1 6 to 7 lb. whole beef tenderloin  
1/4 cup olive oil  
2 Tablespoons broiled steak seasoning or seasoned salt  
1 Tablespoon black pepper  
1/2 cup honey  
1 cup ketchup  
1/4 cup Worcestershire sauce  
1/4 cup soy sauce

Trim fat and cartilage from beef tenderloin. Slice meat into 1/8- to 1/4-inch slices and place in large mixing bowl. Coat slices with olive oil. Sprinkle with steak seasoning and black pepper to cover all slices: refrigerate for 1 to 2 hours. In separate bowl, mix together honey, ketchup, Worcestershire sauce and soy sauce. Add the mix to tenderloin slices and refrigerate overnight. Place slices on hot grill and cook 2 to 3 minutes on each side to achieve desired doneness. If desired, serve on rolls as a pit beef sandwich.

Makes 20 servings.

3rd Place Finalist Recipe submitted by Marc Scher,  
Pocomoke City, Maryland - Fan of Baltimore Ravens



## ITALIAN STALLION BBQ BEANS

2 Tablespoons olive oil  
2 cups chopped onion  
1 can (28 oz.) diced tomatoes with Italian seasoning  
1 can (15 oz.) each of red kidney beans, black beans and pinto beans  
rinsed and drained  
1/3 cup honey  
1/2 cup mesquite barbecue sauce  
2 Tablespoons instant coffee granules  
1/2 Tablespoon hot sauce  
Salt and pepper, to taste

In a large saucepan, heat oil. Add onions and sauté until tender, about 10 minutes. Add remaining ingredients. Simmer 30 minutes until mixture thickens. Stir in salt and pepper to taste.

Makes 6 to 8 servings.

Recipe Submitted by Catherine Copeland, Rome, Georgia  
Fan of Washington Redskins

## Peanutty Honey Goo

- 1 cup natural peanut butter
- 2/3 cup whipped honey

Gradually stir peanut butter into honey; mix thoroughly.

Makes 1-2/3 cup.

## Cinnamon Honey Buns

- 1/4 cup butter or margarine, softened and divided
- 1/2 cup honey, divided
- 1/4 cup chopped toasted nuts
- 1 teaspoon ground cinnamon
- 2 loaves (1 lb.) frozen bread dough, thawed according to package directions
- 3/4 cup raisins

Grease 12 muffin cups with 1 tablespoon butter. To prepare honey-nut topping, mix together 1 tablespoon butter, 1/4 cup honey and chopped nuts. Place 1 teaspoon topping in each muffin cup. To prepare filling, mix together remaining 2 tablespoons butter, remaining 1/4 cup honey and cinnamon. Roll out bread dough onto floured surface into 18x8-inch rectangle. Spread filling evenly over dough. Sprinkle evenly with raisins.

Starting with long side, roll dough into log. Cut log into 12 (1-1/2-inch) slices. Place 1 slice, cut-side up, into each prepared muffin cup. Set muffin pan in warm place; let dough rise 30 minutes. Place muffin pan on foil-lined baking sheet.

Bake at 375°F 20 minutes or until buns are golden brown. Remove from oven; cool in pan 5 minutes. Invert muffin pan to remove buns.

Makes 12 buns

## Honey Make Mine Chocolate Sauce

- 1/4 cup honey
- 1 cup semi-sweet chocolate chips
- 2 Tablespoons butter or margarine
- 1 teaspoon vanilla

In a medium bowl, combine all ingredients; mix well. Cover with waxed paper and microwave on HIGH (100%) 1 minute and stir. Microwave 1 to 1-1/2 minutes longer. Pour into a jar. Cover with a lid. Keep refrigerated.

Makes 1-1/4 cups.



## Kid's Recipes

Ovens are hot, knives are sharp, blenders are fast and microwaves can be tricky. The point? Kids need adult helpers in the kitchen. Adult supervisors can read recipes with kids so the directions are clear. Adult helpers can also assist with kitchen utensils, machines and appliances. Play it safe and prepare these honey recipes together.

## Kaleidoscope Honey Pops

- 2-1/4 cups water
- 3/4 cup honey
- 3 cups assorted fruit, cut into small pieces
- 12 3-oz. paper cups or popsicle molds
- 12 popsicle sticks

In a pitcher, whisk together water and honey until well blended. Place 1/4 cup fruit in each mold. Divide honey-water mixture between cups. Freeze until partially frozen, about 1 hour. Insert popsicle stick; freeze until firm and ready to serve.

Makes 12 servings.

## Banana Pops

- 1-1/3 cups topping, such as ground toasted almonds, toasted coconut, candy sprinkles  
or graham cracker crumbs
- 4 bananas, peeled
- 8 wooden craft sticks
- 1/2 cup honey

Spread toppings of your choice on a plate or plates. Cut bananas in half crosswise. Insert a craft stick into each cut end.

To assemble, hold 1 banana over plate or waxed paper to catch drips. Spoon about 1 tablespoon honey over banana, rotating and smoothing honey with back of spoon to coat all sides. (Or squeeze honey bear container and smooth out with spoon.)

Roll banana in topping of choice until coated on all sides, pressing with fingertips to help topping adhere. Place pops on waxed paper-lined cookie sheet. Repeat with remaining bananas, honey and toppings. Serve at once.

Makes 8 servings

## Berry Striped Pops

2 cups strawberries  
3/4 cup honey, divided  
6 cups kiwifruit, peeled and sliced  
2 cups sliced peaches  
12 3-oz. paper cups or popsicle molds  
12 popsicle sticks

In a blender or food processor, puree strawberries with 1/4 cup honey. Divide mixture evenly between 12 cups or popsicle molds. Freeze until firm, about 30 minutes. Meanwhile, rinse processor; puree kiwifruit with 1/4 cup honey. Repeat process with peaches and remaining 1/4 cup honey. When strawberry layer is firm, pour kiwifruit puree into molds. Insert a popsicle stick and freeze until firm, about 30 minutes. Pour peach puree into molds and freeze until firm and ready to serve.

Makes 12 servings.

## Bee Nutty Choco-Chip Cookies

1/2 cup honey  
1/2 cup peanut butter  
1/2 cup butter or margarine  
1/4 cup packed brown sugar  
1 egg  
1-1/2 teaspoons vanilla  
2 cups flour  
1/2 teaspoon each baking soda and salt  
1 cup chocolate morsels  
1/2 cup coarsely chopped roasted peanuts



Combine honey, peanut butter, butter and brown sugar in a large bowl; beat until light and fluffy. Add egg and vanilla; mix thoroughly. Combine flour, soda and salt; mix well. Stir into peanut butter mixture. Stir in chocolate morsels and peanuts. Using 1/4 cup for each cookie, drop onto ungreased cookie sheet; flatten slightly. Bake at 350°F 8 to 10 minutes or until lightly browned. Remove to rack and cool.

Makes 16 cookies.

## Honey Lemonade with Frozen Fruit Cubes

1-1/2 cups lemon juice  
3/4 cup honey  
9 cups water  
28 pieces assorted fruit

In pitcher, whisk lemon juice with honey to dissolve. Whisk in water. Place 1 piece of fruit in each compartment of 2 ice trays. Fill each compartment with honey lemonade. Freeze until firm. To serve, divide frozen fruit cubes between glasses; fill with remaining lemonade. Serve in tall glasses.

Makes 6 servings.

## Honey Care to Take a Dip

1 pint (16 oz.) lowfat plain yogurt  
1/4 cup honey  
2 Tablespoons orange juice  
1/2 teaspoon grated orange peel

Assorted fruits for dipping such as sliced apples, pears and strawberries  
Combine yogurt in a small bowl with honey, orange juice and orange peel; mix well. Serve with sliced fruit.

Makes 2-1/4 cups.

## Honey Crispies

1/2 cup powdered sugar  
1/2 cup honey  
1/2 cup peanut butter  
1-1/2 cups crispy rice cereal  
1/2 cup raisins  
1/2 cup chocolate or multicolored candy sprinkles

Place a sheet of waxed paper on a cookie sheet so cookies won't stick. Combine powdered sugar, honey and peanut butter in a medium bowl. Stir until mixed well. Stir in cereal and raisins. Using hands, shape mixture into 1-inch balls. Roll balls in sprinkles and place on a cookie sheet. Refrigerate for 1 hour. Cookies should feel firm when touched. Serve right away or place in tightly covered container and store in refrigerator.

Makes about 30 cookies.