

Honey Recipes

Honey-Lime Fruit Salad

- 4 c. Strawberries, Sliced
- 3 Kiwis, Peeled and Sliced
- 1 c. Red, Purple, or Black Grapes
- 1/4 c. Honey
- 1 Lime, Juiced



Combine strawberries, kiwi, and grapes. In another bowl, stir together honey and lime juice. Pour the honey-lime mixture onto the fruit and stir well.

Sweet & Spicy Honey Popcorn

- 10 c. Popped Popcorn
- 2 T. Butter
- 2 T. Honey
- Pinch of Cayenne Pepper (or more to taste)
- 1/4 tsp. Cinnamon
- 1/4 tsp. Salt (or to taste)



Pop popcorn according to instructions. Mix honey, butter, cayenne, and cinnamon, heating in microwave in increments of 20 seconds until just combined. While popcorn is still hot, sprinkle with salt and drizzle honey mixture on top. Toss, making sure popcorn is coated. Serve immediately.

Honey Mustard Green Beans

- 1 T. Yellow Mustard
- 3 T. Honey
- 3 T. Vinegar
- 4 c. Green Beans



Cook green beans until tender. Heat medium saucepan or skillet over medium-low heat. Add mustard, honey, and vinegar and mix well. Keep stirring until sauce boils and becomes thick (about 10 minutes). Add green beans to saucepan and stir to coat evenly. Cook until beans are heated through.

Honey Cucumber Salad

- 3 med. Cucumbers, Thinly Sliced
- 1/4 c. Honey
- 1/2 c. White Balsamic Vinegar (or White Wine Vinegar)
- 1/4 c. Water
- 1/2 Red Onion, Slivered
- 1 T. Fresh Dill, Chopped (Optional)
- Salt to Taste



Place cucumbers in bowl and sprinkle with salt. Toss and set aside. In a bowl, stir together honey, vinegar, water, and red onions. Pour mixture over cucumbers and toss. Allow salad to marinate in refrigerator for 1 hour before serving.

Belgium Honey Cake/Bread

2-1/2 c. Sugar
3 Eggs
1/2 tsp. Anise (optional)
1 c. Honey
1 tsp. Cinnamon
4 tsp. Soda
5 c. Flour
2 c. Warm Milk

(There is no oil or solid shortening.)

Pan Grease:
1/3 c. Flour
1/3 c. Solid Shortening (Crisco)
1/3 c. Oil

Mix with wire whisk. Store in refrigerator. Use in baking as well as in the crockpot.

Mix sugar, eggs, and cream together. Add honey and beat again. Add anise (optional). Sift or stir together the soda and cinnamon with flour. Blend together, alternating flour and milk until mixed. Beat for 4 minutes. Batter will have thin, cake-like consistency.

Coat pans with pan grease or grease with solid shortening and dust with flour. Light colored aluminum pans are best. Bake at 300 degrees F for one hour or test for doneness. Cool pans on one side, then the other. When cooled, wrap loaves in plastic wrap to achieve sticky crust.

Makes 4, bread-size loaves or 5 smaller loaves. Slices best with a serrated knife. Can be frozen or stored in the refrigerator for a very long time.

Honeyed Carrots

3 c. Sliced Carrots (or 16 oz. Baby Carrots)
1/4 c. Honey
2 T. Butter
2 T. Chopped Fresh Parsley (or 2 tsp. Dried Parsley Flakes)
1-1/2 tsp. Prepared Mustard (Optional)



Heat 2 inches of salted water in medium saucepan to a boil over high heat. Add carrots and return to a boil. Reduce heat to medium-high. Cover and cook 8-12 minutes until carrots are crisp-tender. Drain carrots; return to saucepan. Stir in honey, butter, parsley, and mustard (optional). Cook and stir over low heat until carrots are glazed.

Honey Mustard Magic

2 c. Honey
2 c. Dijon or Brown Mustard

Combine honey and mustard in bowl until smooth. Chill until ready to serve.



References

National Honey Board - <https://www.honey.com/recipes>
Purdue Extension Food Link - <https://extension.purdue.edu/foodlink/>