

HONEY- MOTHER NATURE'S TREAT

Honey is a versatile, tasty natural sweetener. Raw honey is 98% predigested and is an excellent source of quick energy. Honey contains small amounts of minerals including iron, copper, magnesium, manganese, sodium, calcium and phosphorus, which makes it healthier than sugar. Honey has a natural agent that prevents organisms from growing in it and will keep almost indefinitely.

Honey should be stored in a cool, dry place. Do not store honey in the refrigerator. Refrigeration hastens crystallization. Crystallization does not affect the taste or purity of the honey, so you can eat crystallized honey. If you want to bring crystallized honey back to its' natural liquid state, place the container of honey in a pan of warm water (about 150 degrees) until the crystals disappear.

There is no need to find all new recipes that use honey as the sweetener. You can adjust your favorite recipes to use honey using these adjustments:

1. Honey is sweeter than sugar, so you will use less honey in a recipe than sugar. Replace one cup of sugar with $\frac{1}{2}$ to $\frac{2}{3}$ cup of honey.
2. One cup of honey contains $\frac{1}{4}$ cup liquid, so you will need to reduce $\frac{1}{4}$ cup liquid from the total amount of liquid in the recipe for each cup of honey used.
3. Due to the natural acidity of honey, you will need to add baking soda to baked goods recipes. The baking soda will balance the acidity and help the product to rise properly. Add $\frac{1}{4}$ teaspoon of baking soda for each cup of honey used.
4. When replacing sugar with honey in a recipe, more vigorous beating may be required to mix all ingredients properly.
5. Honey caramelizes and browns quicker than sugar, so the oven temperature should be lowered 25 degrees.

As with all recipe adjustments, some trial and error is involved so you may have to make the recipe a few times with slight tweaks to get the final product perfect!