

good & golden

Honey's a natural for year-round baking.



Some do it for their family. Some do it for their friends. Some just do it for fun. But whatever the reason, today's bakers are running their ovens overtime to satisfy that craving for delicious homemade goodies. And with the sweet touch of honey, the art of baking is a little more golden.

For centuries, honey's been used as a sweetener for all kinds of baked goods. It's easy to see why. Honey makes everything from quick breads to cookies come out moist and golden-hued. Because it's a natural humectant, honey makes baked goods stay fresher longer. But perhaps best of all, honey's subtle, rich flavor lends a distinctive taste to everything it touches.

Novice and experienced bakers alike find that baking with honey lets them make delicious desserts and baked goods that rival those from the best bakeries. With easy-to-follow instructions, you can prepare simple afternoon treats such as Honey Chocolate Chippers and Honey Apricot Muffins, or show-stopping desserts like Honey Tarte Tatin and Honey Devil's Food Cake with Rich Chocolate Frosting.

Whether you're in the mood to bake or simply have a craving for something sweet, try these delicious honey treats. To use honey in place of sugar in your favorite recipes, just follow these easy substitution tips and make all your baked goods golden!

A Change for the Better

To substitute honey for sugar in your recipes, follow these simple guidelines.

- Substitute honey for up to half the sugar called for in the recipe. With a little experimentation, honey can replace all the sugar in certain recipes.
- Reduce the liquid in the recipe by 1/4 cup for each cup of honey used.
- Add 1/2 teaspoon baking soda for each cup of honey used.
- Reduce oven temperature by 25°F to prevent over-browning.
- Remember, honey has a higher sweetening power than sugar. It will take less to sweeten your recipe.
- For easy measuring and fast clean-up, coat measuring cups and spoons with vegetable oil or nonstick cooking spray before measuring honey.
- One 12-ounce jar of honey equals a standard measuring cup.

Honey, You're One of a Kind

Every honey variety has its own unique color and taste. There are approximately 300 varieties of honey in the United States – with tastes that range from delicately sweet to richly bold. In general, the lighter the color of honey, the milder the flavor. Try clover or orange blossom in Lemon Dream Pie and Honey Whipped Cream or more robust varieties like buckwheat or wildflower in Honey Soda Bread and Honey Almond Butter.

When stored properly, honey's shelf life is almost indefinite. Store honey at room temperature – the kitchen counter or pantry shelf is ideal. Don't store honey in the refrigerator.

If honey crystallizes (a natural process) or is difficult to pour, simply place the honey jar in warm water and stir until crystals dissolve. Or place the honey in a microwave-safe container with the lid off and microwave it on HIGH, stirring every 30 seconds, until crystals dissolve. Be careful not to boil or scorch the honey.

Simply Sweet Ideas

Sweet Touch – Mix honey with melted butter. Drizzle over angel food cake or pound cake for a quick finishing touch.

Fat-Free Hard Sauce – Mix creme honey with a splash of brandy. Spread on quick breads, fruitcake or toasted bread.

No-Fuss Frosting – To frost carrot cakes and cupcakes, soften an 8-ounce package of cream cheese and mix with 1/4 cup of honey and a pinch of salt. Cream until smooth.

One tablespoon of honey contains:

Calories: 60 Total Fat: 0 g
Total Carbohydrates: 17 g Protein: 0 g

Honey contains a wide complement of several essential vitamins and minerals, including niacin, riboflavin, pantothenic acid, calcium, copper, iron, magnesium, manganese, phosphorous, potassium and zinc. While honey's vitamins and minerals are present in trace amounts only, the breadth of the array is important to many of today's health conscious consumers. This is a value which honey adds that many other sweeteners do not.

Note: Honey should not be fed to babies under one year of age. Honey is a safe and wholesome food for older children and adults.

For a copy of *Sweetened Naturally with Honey – Low-Fat Recipes*, a new cookbook with more than 100 honey recipes, send your name, address and a check or money order for \$2.95 (postage and handling) to:

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