



## Honey. Drink It Up.

*Beverages Sweetened  
With Honey*

### Honey. Drink It Up.

Honey naturally sweetens your favorite beverages and adds a subtle flavor all its own. Honey stirred into hot and cold drinks smooths flavors and, because it's sweeter than table sugar, you can use a bit less to sweeten your favorite drinks.

### Sip Some Sweet Energy.

Honey has merit as a source of carbohydrates, providing energy and a rich sweet flavor. Honey contains small amounts of a wide array of vitamins, minerals, amino acids and antioxidants.

### Honey Favorites – Hot or Cold.

Honey brings out the best in these eight new drink recipes. Hot chocolate gets a flavor twist, thanks to honey, and teas take on a whole new taste with added spices and citrus juice. Icy cold drinks made with honey, fruits and fruit juices have less than five percent fat with 100 percent flavor. Regardless of the season or the time of day, these honey drinks are guaranteed to refresh.

Milky lattes are a popular indulgence, traditionally enjoyed steaming hot; we offer an iced version that has the same great rich flavor.

### Frosty Honey Latte

- 1/4 cup boiling water
- 2 tablespoons instant coffee granules
- 1/4 cup honey
- 3/4 cup cold water
- 1 cinnamon stick or vanilla bean (2-inch piece)
- 1 quart low-fat milk
- Ice cubes

Dissolve coffee granules in boiling water; stir in honey. Add cold water and cinnamon stick; stir to mix. Store in refrigerator until ready to use.

To make latte, fill tall glass with ice cubes; stir in 1/4 cup of coffee-honey concentrate. Fill glass with milk; stir to mix. Makes 4 servings.

Nutrition information per serving (1/4 of recipe): calories 207; total fat 5 g; cholesterol 19 mg; sodium 148 mg; total carbohydrate 32 g; dietary fiber 0 g; protein 10 g; calories from fat 21%





Honey Strawberry Tea Cooler

Numerous medical studies point to green tea's antioxidant and medicinal properties. Try this fruity combination with a perfumed honey like orange blossom or blueberry.

### Honey Strawberry Tea Cooler

- 1 pint fresh strawberries, stemmed and cleaned
- 1/4 cup honey
- 1 can (6 ounces) frozen orange juice concentrate
- 2 cups brewed green tea, cooled

In a blender or food processor container, combine strawberries and honey; process until smooth. Add orange juice concentrate; process until well blended. Stir into cooled tea. Serve over ice.

Makes 4 servings.

Nutrition information per serving (1/4 of recipe): calories 169; total fat <1 g; cholesterol 0 mg; sodium 6 mg; total carbohydrate 42 g; dietary fiber 3 g; protein 2 g; calories from fat <1%

A chilled thirst-quenching beverage that's perfect for summer barbecues and picnics. It is also a crowd-pleasing beverage at year-round family affairs.

### Tropical Juice Quencher

- 3/4 cup orange juice
- 3/4 cup pineapple juice
- 1/4 cup fresh lime juice
- 1/4 cup honey
- 2 cups sparkling water

In small pitcher, combine juices and honey; whisk until honey is dissolved. Chill until ready to serve. Just before serving, stir in sparkling water. Makes 4 servings.

Nutrition information per serving (1/4 of recipe): calories 115; total fat <1 g; cholesterol 0 mg; sodium 8 mg; total carbohydrate 30 g; dietary fiber <1 g; protein 1 g; calories from fat 1%

### Honey Locator

To find varietal honeys or honey in your local area, check out the Honey Locator, a comprehensive list of varietal honeys and their sources on the National Honey Board's Web site at [www.honey.com](http://www.honey.com).

### Honey Storage Tip

Honey is best stored at room temperature. Crystallization is the natural process by which the liquid in honey becomes solid.

If your honey crystallizes, simply place the jar in warm water and stir until the crystals dissolve. Or, you can place the honey in a microwave-safe container with the lid off and microwave it, stirring every 30 seconds until the crystals dissolve.

*Learn more about just how good honey can be for you and get more great recipes by visiting the honey expert at [www.honey.com](http://www.honey.com).*

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.



National Honey Board  
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Longmont, CO 80501-6045  
[www.honey.com](http://www.honey.com)

A sweet comforting pick-me-up with a depth of flavor. The buttery molasses-like tones of avocado honey work well in this recipe.

### Honey Hot Chocolate

- 1/2 cup honey
- 1/2 cup unsweetened cocoa
- 1/2 cup water
- 1 tablespoon vanilla extract
- 3 cups hot low-fat milk

In small saucepan, combine honey and cocoa and water; mix well. Cook over low heat 5 minutes or until mixture is slightly thickened. Remove from heat; stir in vanilla. Set aside until ready to serve. To serve, stir chocolate mixture into hot milk. Makes 4 servings.

*Tip: Chocolate syrup may be prepared in advance and stored, covered, at room temperature for up to 2 weeks. For single serving of hot chocolate, stir 1/4 cup chocolate syrup into 3/4 cup hot milk.*

### Frozen Honey Hot Chocolate:

Prepare syrup as directed. Stir in 3 cups cold milk; mix well. Pour into ice cube trays; cover with plastic wrap. Freeze at least 6 hours or up to 1 week. Remove cubes to food processor container; process until mixture is smooth. Serve in chilled glasses with spoons. Makes 4 servings.

Nutrition information per serving (1/4 of recipe): calories 232; total fat 5 g; cholesterol 74 mg; sodium 97 mg; total carbohydrate 50 g; dietary fiber 4 g; protein 8 g; calories from fat 16%

Chai is a traditional Indian-inspired tea with a blend of spices. Cinnamon, cardamom, cloves and black peppercorns are melded together with black tea, honey and milk to produce an exotic beverage. Both clover and sourwood honeys have slightly spicy aromas which work well in this recipe.

### Honey Chai Latte

- 16 whole allspice berries
- 16 whole green cardamom pods OR 1/2 teaspoon ground cardamom
- 6 whole black peppercorns
- 2 cinnamon sticks (2 inch pieces)
- 1 slice (1/4 inch thick) fresh ginger OR 1 teaspoon ground ginger
- 2-1/2 cups water
- 2 teaspoons Darjeeling or other black tea leaves
- 2 tablespoons honey
- 2 cups hot low-fat milk

Coarsely grind whole spices separately in mortar and pestle or together in electric grinder. In medium saucepan combine ground spices, ginger and water. Bring to boil; reduce heat and simmer for 25 minutes. Add loose tea leaves and continue to simmer for 3 minutes (longer simmering will make the concentrate bitter). Remove from heat; strain through fine mesh strainer or cheesecloth into medium bowl. Add honey and stir to dissolve. Set aside until ready to serve. To serve, stir chai concentrate into hot milk. Makes 4 servings.

*Tip: Chai concentrate may be prepared in advance and stored, covered, at room temperature for up to 2 weeks. For single serving of latte, stir 1/2 cup chai concentrate into 1/2 cup hot milk.*

Nutrition information per serving (1/4 of recipe): calories 18; total fat 1 g; cholesterol 5 mg; sodium 67 mg; total carbohydrate 15 g; dietary fiber 0 g; protein 4 g; calories from fat 14%



Clockwise from front: Honey Hot Chocolate, Honey Chai Latte, and Honey Mint Iced Tea

An all-time favorite, iced tea is the ultimate summer beverage. The lightness of wildflower or sage honey compliments this and most other iced tea recipes.

### Honey Mint Iced Tea

- 4 cups boiling water
- 1/2 cup fresh mint leaves
- 2 tea bags (green or black)
- 1/4 cup honey

In large heat-proof pitcher, pour boiling water over mint and tea bags. Whisk in honey. Let steep 5 minutes. Remove tea bags and mint leaves; cool. Refrigerate until ready to serve. To serve, pour over ice. Makes 4 servings.

Nutrition information per serving (1/4 of recipe): calories 67; total fat <1 g; cholesterol 0 mg; sodium 8 mg; total carbohydrate 18 g; dietary fiber <1 g; protein 0 g; calories from fat <1%

This throat-soothing beverage is just the thing to chase winter blahs away. Make it with a caffeine-free tea for a relaxing bedtime drink.

### Honey-Citrus Soother

- 3 tea bags (green or black)
- 1 cinnamon stick
- 3 cups boiling water
- 1 cup grapefruit juice
- 1/4 cup honey

Place tea bags and cinnamon stick in 1-quart teapot. Add boiling water; steep 3 to 5 minutes. Remove cinnamon stick and tea bags; discard. Stir in grapefruit juice and honey. Makes 4 servings.

Nutrition information per serving (1/4 of recipe): calories 88; total fat <1 g; total carbohydrate 23 g; cholesterol 0 mg; sodium 7 mg; dietary fiber 0 g; protein 0 g; calories from fat <1%

Honey blends the fruity flavors and mellows out the bite of fresh ginger in this great low-fat beverage that makes for a healthy any-time snack.

### Ginger Peach Smoothie

- 1 cup boiling water
- 1 piece (2 inches) fresh ginger, peeled and crushed
- 1/4 cup honey
- 2 peaches, peeled, pitted and chopped
- 1 pint peach sorbet
- 1 tablespoon fresh lime juice

In small bowl, combine water and ginger. Stir in honey; cool. Remove and discard ginger. Set mixture aside.

In blender or food processor container, combine peaches, sorbet and lime juice. Process while adding honey-ginger mixture in a slow, steady stream; process until smooth. Makes 4 servings.

Nutrition information per serving (1/4 of recipe): calories 216; total fat <1 g; cholesterol 0 mg; sodium 3 mg; total carbohydrate 56 g; dietary fiber 1 g; protein 0 g; calories from fat <1%

## The World of Honey

Honeys differ in characteristic depending upon which blossoms the honey bees visit in search of nectar. Each floral source of nectar contributes something different in terms of color, form and flavor. Honey colors can range from pale, almost water-white to rich, dark amber brown. As a general rule, light colored honeys are milder in taste and dark colored honeys have flavors that are more robust. The National Honey Board's Honey Locator on [www.honey.com](http://www.honey.com) can help you find your favorite varietal honey.

**Liquid honey** is the most common form of honey found in stores across the country. Free of any wax or visible crystals, it is extracted from the comb by spinning, straining or other means. This form of honey is especially convenient for cooking and adding to drinks. It is the form found in the traditional honey squeeze bear bottle.

**Whipped honey** is finely crystallized so that it remains creamy and spreadable. While all honey will crystallize in time, the crystallization of whipped honey is controlled so that at room temperature it can be spread like butter on toast, biscuits or bagels.

**Comb honey** is honey at its most natural – still in the honey bees' wax comb. Both the comb and the honey that it contains are edible.

The unique flavors of honey make it a perfect beverage sweetener. Whether you need a quick pick-me-up, a cooling summer refresher, a relaxing hot winter beverage or a drink to share with friends, honey will sweeten your life.

