

HONEY CITRUS ELECTROLYTE-REHYDRATE DRINK

(Source: Jody Augustyn)

1/4 C. lime juice
1/4 C. lemon juice
3 C. water
1/8 tsp. salt
2 T. HONEY

Combine all ingredients in a 1-quart container; shake or stir and enjoy. Store in refrigerator.

OATMEAL WITH HONEY

Honey Queen Selena Raumpolla

(Source: National Honey Board)

1/2 to 3/4 C. milk of choice (Selena prefers almond milk)
1 pkt instant oatmeal (Selena prefers 2 T. regular oats)
1/4 tsp. ground ginger
1/4 tsp. ground turmeric
1/4 tsp. ground cardamom
2 tsp. HONEY (Selena prefers buckwheat honey)
1 T. toasted pistachios, chopped (optional)
2 tsp. dried cranberries (optional)

In a microwave-safe mug, heat milk on high for approximately 1 minute until boiling. Pour packet of oatmeal into serving bowl; add ginger, turmeric, and cardamom. Pour milk over oatmeal and stir, adding more milk as desired. Top with honey, pistachios, and cranberries.

BEST BROCCOLI SALAD

(Source: lecremedelacrumb.com)

6 C. broccoli florets, cut bite-size
1/2 red onion, diced
6 strips bacon, cooked & crumbled (or 1/4 C. bacon bits)
1/2 C. dried cranberries
1/2 C. white cheddar cheese, shredded
3 T. sunflower seeds, roasted
3 T. dijon mustard
1/4 C. HONEY
3 T. olive oil
2 T. apple cider vinegar
1/2 tsp. garlic powder

Combine broccoli, onion, bacon, cranberries, cheese, and sunflower seeds in a large bowl. Combine remaining ingredients in a blender or food processor and pulse until smooth (or shake together in a jar). Add salt and pepper to taste. Pour over broccoli salad. Toss to coat. Serve immediately or cover and chill up to 24 hours.

HONEY BUTTER CHICKEN

(Source: realhousemoms.com)

1 tsp. olive oil
3 T. butter, divided
1 lb. boneless skinless chicken thighs, cut bite-size
3 T. HONEY
2 cloves garlic, minced
2 T. apple cider vinegar
Fresh parsley, finely chopped

Heat oil and 1 tablespoon of butter in a large skillet over medium-high heat. Add chicken and season to taste with salt and pepper. Cook until meat starts to brown. Add remaining butter, honey, garlic, and vinegar. Reduce to a simmer. Turn chicken to coat with sauce until golden and caramelized; remove from heat. Serve with mashed potatoes or rice. Garnish with parsley.

SWEET HONEY ROLLS

Honey Princess Allison Hager

(Source: Allison Hager)

1 pkg. (1/4 oz.) active dry yeast
2 C. warm milk (110-115°F)
2 T. sugar
2 T. butter, melted
2 T. HONEY
1 tsp. salt
4 to 5 C. flour
Topping: 2 T. butter, melted + 2 T. HONEY

In a large mixing bowl, dissolve yeast in warm milk. Add sugar, butter, honey, salt, and 3 cups flour. Beat until smooth. Add enough remaining flour to form soft dough. Roll dough onto floured surface and knead until smooth and elastic (about 5 minutes). Place in greased bowl, turning once to cover sides. Let rise in warm place until doubled in size (about 1 hour). Punch down dough and roll out onto floured surface. Divide into about 30 pieces (2-inch balls). Place on greased baking sheet. Cover; let rise until doubled (about 30 minutes). Bake at 350°F for 15 minutes or until golden brown. Brush with melted honey butter.

HONEY LIME FRUIT SALAD

(Source: Shannon Lamb)

4 to 6 C. fruit, cut bite-size
2 T. HONEY
2 T. lime juice + 2 tsp. lime zest

Combine fruit in a large bowl. Add honey, lime juice, and lime zest. Stir gently to coat.

HONEYED TOMATO SOUP

Honey Queen Selena Raumpolla

(Source: theenglishkitchen.co)

32 oz. chopped tomatoes with onions & garlic
2 ribs of celery, chopped
Splash of white wine
1/2 tsp. dried sage
1/2 tsp. dried rosemary
2 T. HONEY
1 C. 2% milk
1 C. evaporated milk

Place tomatoes, celery, white wine, and herbs in saucepan and bring to boil. Reduce to simmer. Stir in honey and season with salt and pepper. Simmer 15 minutes. Blend with immersion blender until smooth. Whisk in milks, reserving a bit of evaporated milk. Heat through. Ladle into 4 soup bowls; garnish each with swirl of reserved milk.

HONEY-ZUCCHINI BREAD

(Source: siouxhoney.com)

3 eggs
1 C. vegetable oil
1 C. HONEY
1 T. vanilla
2 C. zucchini, shredded
3 C. all-purpose flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
1 1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. ginger
1 C. walnuts, chopped (optional)

Grease two 8 x 4-inch loaf pans. Beat eggs well. Stir in oil, honey, and vanilla; fold in zucchini. Whisk dry ingredients together separately and stir into zucchini mixture; fold in nuts. Pour into loaf pans. Bake at 375°F for 45-55 minutes.

ENERGY BALLS

Honey Princess Allison Hager

(Source: Allison Hager)

1 C. oats
1/2 C. chocolate chips
1/2 C. flax seeds
1/2 C. peanut butter
1/3 C. HONEY
1 tsp. vanilla extract

Combine all and shape into 1-inch balls. Enjoy!

EASY HOMEMADE CRACKERS

(Source: Melissa K. Norris)

1 1/4 C. flour (whole wheat or all-purpose)
1/4 tsp. onion powder
1/4 tsp. garlic powder
1/4 tsp. chili powder
1/4 tsp. paprika (smoked or regular)
4 T. butter
1/4 C. water
1 T. HONEY
Sea salt to sprinkle on top

Preheat oven to 400°F. Measure dry ingredients into a large mixing bowl. Cut in butter until it resembles pea-sized clumps. Add in water and honey, stirring until just combined. Lightly flour a baking sheet or stone; roll dough thinly on stone to desired cracker-like thickness. Use a pizza cutter to cut into desired shapes. Sprinkle with sea salt. Bake for 10-12 minutes. Cool completely.

Did you know...?

The color, flavor, and even aroma of honey differs, depending on the nectar of flowers gathered by the bees that made it. There are more than 300 unique types of honey available in the U.S. alone, each originating from a different floral source.

Honey shades range from nearly colorless to dark brown, while flavors go from subtle to bold. The aroma of honey may be reminiscent of the flower. Generally, the flavor of lighter-colored honey is milder, while darker-colored honey is stronger.

In addition to being an amazing natural sweetener, honey is a wholesome sore-throat soother and a natural energy booster. Research has also shown that honey contains a range of vitamins, minerals, amino acids, and antioxidants.

Honey Tips & Tricks

To substitute honey for granulated sugar, begin by substituting honey for up to half the sugar in the recipe. For baked goods, reduce the oven temperature by 25 degrees to prevent over-browning; reduce any liquid by 1/4 cup for each cup of honey used; and add 1/2 teaspoon baking soda for each cup of honey used.

All honey will naturally crystallize. Store honey at room temperature. If it becomes crystallized, place the jar in a warm water bath and stir until the crystals dissolve. Be careful not to boil or scorch the honey.

American Honey Queen

Selena Rampolla is the daughter of Faye Turke and Renato Rampolla of Lutz and Tampa, Florida. She graduated summa cum laude from the University of South Florida with a bachelor's degree in psychology. During her academic career, she presented psychological and humanities research at national conferences and earned two student excellence awards. She enjoys exploring the arts and sciences with specific interests in photography, neuroscience, and honey bees. In her free time, she likes to read, practice photography, play 8-ball pool, draw, and keep bees.

American Honey Princess

Allison Hager is the daughter of Danny and Tracey Hager of Bellevue, Iowa. She is a senior at Iowa State University, studying business management and minoring in entrepreneurship. Allison has an A.A.S. degree in agriculture business from Kirkwood Community College. At Iowa State University, she is an active club member of Collegiate Women in Business and serves as the Recruitment Chair for the Student Chapter of Society for Human Resource Management. She first became interested in beekeeping at the age of 13 and has been beekeeping and advocating for honey bees and other pollinators ever since. In her free time, Allison enjoys crafting, scrapbooking, photography, spending time with her pets, and of course, beekeeping.

Follow the Buzz

-  Like the American Honey Queen Program at facebook.com/americanhoneyqueenprogram.
-  Subscribe to our YouTube channel at youtube.com/americanhoneyqueen.
-  Find answers to your questions about honey or bees via our blog at buzzingacrossamerica.com.

To receive honey recipe brochures to use in your honey promotions, please contact:

Tami Kuehl
P.O. Box 220
Loup City, NE 68853
308.745.0154
cbinvoices@cookinbeals.com

To arrange for the Honey Queen or Princess to visit your area, please contact:

Anna Kettlewell
10432 W. Norwich Avenue
Greenfield, WI 53228
414.545.5514
honeyqueen99@hotmail.com

A program of the
American Beekeeping Federation, Inc.
136 Everett Road
Albany, NY 12205
518.694.9793
abfnet.org



2023 Honey Recipes

from

American Honey Queen
Selena Rampolla

American Honey Princess
Allison Hager