

HONEY EGgnog

Source: Ash Apiaries, Gilbert Plains, Manitoba

3 c. whole milk
1 egg, lightly beaten
1/3 c. HONEY
1/8 tsp. ground cinnamon
1/8 tsp. ground nutmeg
1/8 tsp. salt
1 tsp. vanilla extract
1/2 tsp. rum flavoring
Whipped topping

In a large saucepan, combine milk, egg, honey, cinnamon, nutmeg and salt; mix well. Bring to a boil over medium heat, stirring constantly. Remove from heat; stir in vanilla and rum flavoring. Chill at least 2 hours. Serve with whipped topping.

BREAKFAST YOGURT PARFAIT

Source: Emilia Burnham, American Honey Princess

2-3/4 c. plain Greek yogurt
1 lb. fresh strawberries, chopped
6 oz. fresh blueberries
1 c. granola
1 T. HONEY

In a glass jar, layer approximately 1/3 cup yogurt, 1/3 strawberries, and 1/3 blueberries with 2 tablespoons of the granola. Repeat these layers. Top the granola layer in the jar with honey. Refrigerate until ready to serve, then swirl honey into the layers. Add additional granola as desired. Makes 4 servings.

ENGLISH MUFFIN LOAVES

Source: Carol Kuehl

2 pkgs. active dry yeast
6 c. unsifted flour
2 tsp. HONEY
2 tsp. salt
2 c. milk
1/4 tsp. baking soda
1/2 c. water
Cornmeal

Combine 3 cups flour, yeast, honey, salt, and soda. Heat liquids until very warm (120-130° F); add to dry mixture, beating well. Stir in remaining flour to make stiff batter. Spoon into two loaf pans that have been greased and sprinkled with cornmeal. Sprinkle tops of loaves with cornmeal. Cover; let rise in warm place for 45 minutes. Bake in 400° F oven for 25 minutes. Remove from pans immediately and cool on wire racks.



Featured Recipe from
Honey Princess
Emilia
Burnham

HONEY BUFFALO CHICKEN MEATBALLS

Source: cookedbyjulie.com

1 lb. ground chicken
8 butter crackers, crushed
2 garlic cloves, minced
1/2 small onion, finely diced
1 tsp. salt
1/4 tsp. black pepper
1 tsp. paprika
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. Italian seasoning
1 T. blue cheese crumbles (optional)
1 T. buffalo sauce
1 egg, room temperature

Honey Buffalo Sauce

1/2 c. buffalo sauce
1/4 c. HONEY

Preheat oven to 400° F. Line a baking sheet with parchment paper. In a large bowl, combine all ingredients in order listed, except for Honey Buffalo Sauce ingredients. Mix until well combined, but don't over-mix. In a separate bowl, combine the remaining buffalo sauce and honey; taste and adjust to desired flavor. Scoop and roll the chicken mixture into 2-tablespoon balls using a medium-sized cookie scoop. Use wet hands to form round balls and place on prepared baking sheet. Bake 16 minutes. Remove from oven and brush meatballs with honey buffalo sauce. Return to oven and broil 1-2 minutes. Place cooked meatballs in large bowl and pour remaining sauce over meatballs; stir to coat.

NOTES: Take ground chicken out of fridge 20 minutes before cooking (cooking cold chicken straight from the fridge will result in uneven cooking). Don't overcook the meatballs; if you want them perfectly juicy, cook for 18 minutes tops.

HONEY ROASTED RED POTATOES

Source: allrecipes.com

1 lb. red potatoes, quartered
2 T. onion, diced
2 T. butter, melted
1 T. HONEY
1 tsp. dry mustard

Preheat oven to 375° F. Lightly coat an 11x7-inch baking dish with nonstick cooking spray. Place potatoes in a single layer in prepared dish; top with onion. In a small bowl, combine melted butter, honey, mustard, salt, and pepper; drizzle over potatoes and onion. Bake for 35 minutes or until tender, stirring halfway through cooking.

HONEY PIE

Source: Adapted from tasteofhome.com

Dough for single-crust pie
4 eggs
2-1/2 c. whole milk
1/2 c. brown sugar, packed
1/2 c. HONEY
1 tsp. ground nutmeg
1 tsp. vanilla extract
1 tsp. almond extract
1/2 tsp. salt

Transfer pie crust to a 9-inch microwave-safe pie plate. Flute edges, and prick with fork. Bake in microwave on high power for 5 minutes or until done. Preheat oven to 400° F. In a large bowl, whisk eggs. Then whisk in the next 7 ingredients until blended. Pour into crust. Cover edge with foil. Bake 40-50 minutes, until a knife inserted in the center comes out clean. Cool on a wire rack for 1 hour. Refrigerate for at least 3 hours before serving. Top with whipped topping or ice cream as desired.

HONEY VANILLA ICE CREAM

Source: Tami Kuehl

1/2 c. sugar
6 T. HONEY
1/4 c. water
1 egg, slightly beaten
3 c. heavy cream
1 T. vanilla extract
Dash salt

Make a simple syrup by bringing the sugar, honey, and water to a boil in a small saucepan. Remove from heat and cool. In a medium-sized bowl, slightly beat egg; add syrup and stir thoroughly. Add 1 cup cream, and beat with mixer until slightly thickened. Add remaining cream, vanilla, and salt; blend well. Freeze according to ice cream maker/freezer instructions. Makes about 1 quart.

Honey Tips and 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.

NAAN PIZZA WITH HONEYED PEARS

Source: Cheyenne Bastian-Brown, American Honey Queen

2 T. butter, divided

1 pear, cored and thinly sliced

2 shallots, peeled and thinly sliced

1 tsp. fresh thyme leaves

3 T. HONEY

1 T. lemon juice

1/4 tsp. salt

fresh ground pepper

1 (8.8 oz.) pkg. naan (2 pieces)

1 T. olive oil

1 c. fontina cheese, shredded

1/3 c. goat cheese, crumbled

4 sprigs fresh thyme

2 T. HONEY, plus additional for serving

1 tsp. kosher salt, if desired

Preheat oven to 350° F. In a skillet over medium heat, melt butter to a sizzle. Add pears, shallots, thyme, honey, lemon juice, salt, and pepper; cook for about 8 minutes until the pears are tender and the liquid is reduced and thickened. Remove from heat and cool. Lightly brush the naan with olive oil and place on a sheet pan. Bake for 8-10 minutes, turning halfway through. Remove the naan from the oven and evenly sprinkle 1/2 of the fontina cheese over each; bake for 6 minutes until the cheese begins to melt. Remove from oven. Add pear-shallot mixture evenly across the naan and top with remaining cheeses. Return the naan to the oven and bake for 6-8 minutes or until the cheese is melted and the naan and pears are warmed through. To serve, top with fresh thyme leaves, drizzle with honey, and sprinkle with the kosher salt. Yield: Makes 2 main dish or 8-10 appetizer servings.

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.

American Honey Queen

American Honey Queen Cheyenne Bastian-Brown is the daughter of Cory and Jennifer Brown of Ralston, Pennsylvania. She is currently a fourth-year student at Pennsylvania State University majoring in Agricultural and Extension Education. In school, Cheyenne has been an active member of multiple organizations and has served in various leadership roles. In her spare time, she enjoys blogging about agriculture, playing with her dog, and scrapbooking.

American Honey Princess

American Honey Princess Emilia Burnham is the daughter of John and Pavilina Burnham of Murrieta, California. She is a master's student at the University of California, Riverside, where she is majoring in entomology. Her studies focus on the honeybee microscopic fungal parasite *Nosema ceranae*. Emilia is a fourth generation beekeeper and has a strong interest in honeybee products and their benefits to mankind. In her free time, she enjoys crocheting, ballroom dancing, baking, and spending time with loved ones.

Follow the Buzz

Like the American Honey Queen Program at [instagram.com/americanhoneyqueenprogram](https://www.instagram.com/americanhoneyqueenprogram).

Like the American Honey Queen Program at [facebook.com/americanhoneyqueenprogram](https://www.facebook.com/americanhoneyqueenprogram).

Subscribe to our YouTube channel at [youtube.com/americanhoneyqueen](https://www.youtube.com/americanhoneyqueen).

Find answers to your questions about honey or bees via our blog at [buzzingacrossamerica.com](https://www.buzzingacrossamerica.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

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@cooknbeals.com

A program of the
American Beekeeping Federation, Inc.

480 Town Center Street N, PMB #253

Mooresville, IN 46158

518.694.9793

abfnet.org



2025 Honey Recipes

from
American Honey Queen
Cheyenne Bastian-Brown



&

American Honey Princess
Emilia Burnham

