

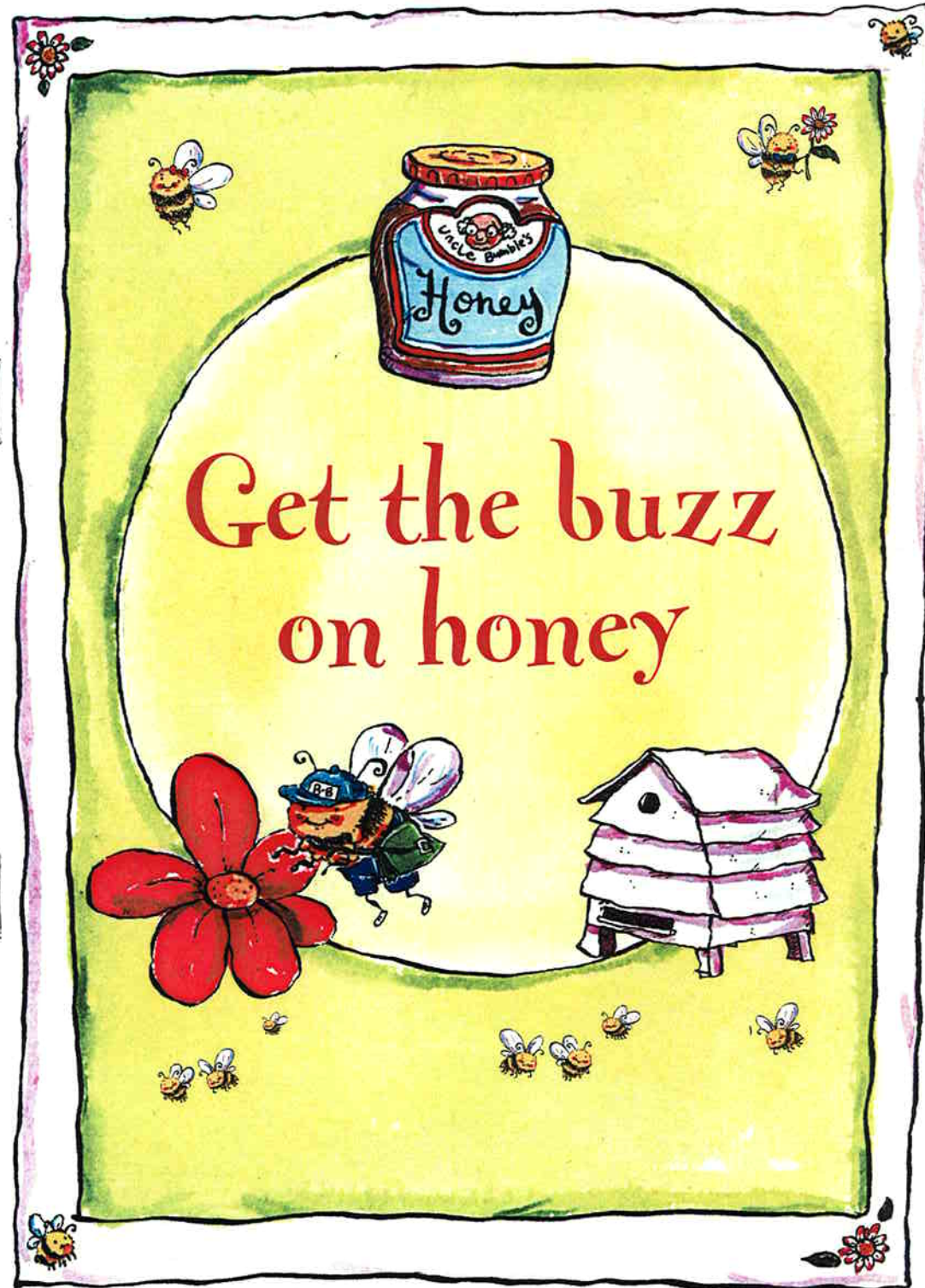


Did you know?

- The honeybee will fly around 800km in her working life and produce just half a teaspoon of honey
- A honeybee can fly as fast as 15 miles per hour
- The honeybee is the only insect that produces food eaten by man
- Honey lasts for ever - or nearly. An explorer who found a 2,000 year old jar of honey in an Egyptian tomb said it tasted delicious!
- The bees' buzz is the sound made by their wings which beat 11,400 times per minute
- Honeybees must gather nectar from two million flowers to make one pound of honey
- Due to the high level of fructose, honey is 25% sweeter than table sugar
- Did you know that bees have 4 wings?
- Honeybees communicate with one another by "dancing"



For further information
and more recipes please visit
www.honeyassociation.com



Honey For Fuel

Bees make honey from nectar for energy food, and for children too, honey is a fantastic fuel. Unlike sugar, it doesn't produce highs and subsequent lows in energy and concentration. It has a lower glycaemic index (GI) than sugar (55 vs. 68), which means it will give them a longer-lasting energy boost.

Honey has a wonderful flavour and because it is a relatively nutritious sweetener, it's a great way of adding a sugary taste to children's foods – from porridge and toast to sharp fruits and cakes. It's sweeter than sugar (25% sweeter than table sugar) so, for cooking or adding to drinks, you need to use less.

Most children naturally prefer sweet foods yet, if eaten in moderation and as part of a healthy diet, this need not be a problem. While you can't keep kids away from sweet snacks, you can offer them healthier alternatives. Fresh and dried fruit are an energy-packed source of nutrients and are perfect for break times and lunchboxes. Toast, bread or rice cakes with honey make nutritious alternatives to crisps and biscuits. Try whizzing a little honey with fresh fruit and milk or yoghurt for a delicious smoothie. Or for a vitamin-packed dessert, poach plums, rhubarb or apples with honey.

Try the following recipes in this booklet – younger children will enjoy helping you make them and they're easy enough for older children to make on their own. Enjoy!

Anita Bean



The Busy Buzziness of Honey Your Questions Answered



What is honey?

Honey is a complex mix of:

- (82.4%) natural sugars
- (17.1%) water

• (0.5%) minerals, vitamins, pollen and protein
Of honey's 82.4% natural sugar content, around 70% is made up of fructose and glucose. The balance of these two sugars determines whether a honey is clear or set. Both types are equally pure and additive free.

Why do bees make honey?

Unlike wasps and bumblebees, honeybees are special in that they do not hibernate over winter but stay active and cluster together to stay warm. This requires a lot of food stored from the summer before... honey! The hive only needs 20-30lbs of honey to survive an average winter, but they are capable of producing much more.

Is honey nutritious?

Honey contains small amounts of a wide range of vitamins and minerals (including iron, potassium, zinc, magnesium, niacin and riboflavin), amino acids and antioxidants. Generally, darker honeys contain higher levels of antioxidants than lighter honeys.

What's the difference between clear and set honey?

The higher the fructose content, the longer the honey will remain liquid. There is no difference in the taste or nutritional value between clear and set honey. Honey can be restored to liquid simply by standing it in warm water for an hour or so.





Can you cook with honey?

Absolutely! Honey can be used as a natural substitute for sugar in most recipes but as it is sweeter than sugar, a smaller amount is needed. Give some of our yummy recipes a go and test honey out for yourselves.



Answer: 16 bees (including baby bee in nursing bees arms!)

Berry Ripple

This light creamy dessert is full of immune-boosting vitamin C, body-building protein and plenty of calcium for strong bones. You can use any mixture of fresh or frozen berries (e.g. blackberries, blueberries or blackcurrants) or try using tinned fruit such as peaches and apricots.

Makes 4 servings

225 g (8oz) strawberries 500 ml Greek yoghurt
125 g (4oz) raspberries 2 tbs clear honey
1 tbs icing sugar (sieved)

1. Put a few strawberries and raspberries aside (these will be used for decorating later).
2. Hull the strawberries and cut into halves or quarters, depending on the size of the fruit. Place all the strawberries and raspberries in a bowl with the icing sugar. Use a fork or masher to crush the fruit – it should be quite chunky, not smooth.
3. Mix together the yoghurt and honey. Place a spoonful of yoghurt in each of 4 serving glasses, spoon over a spoonful of fruit mixture. Repeat the layers until you have used up all of the yoghurt and fruit mixture.
4. To serve, decorate with the fruit set aside in step 1.

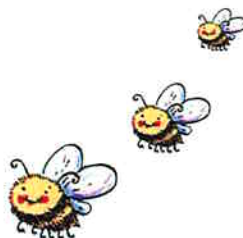
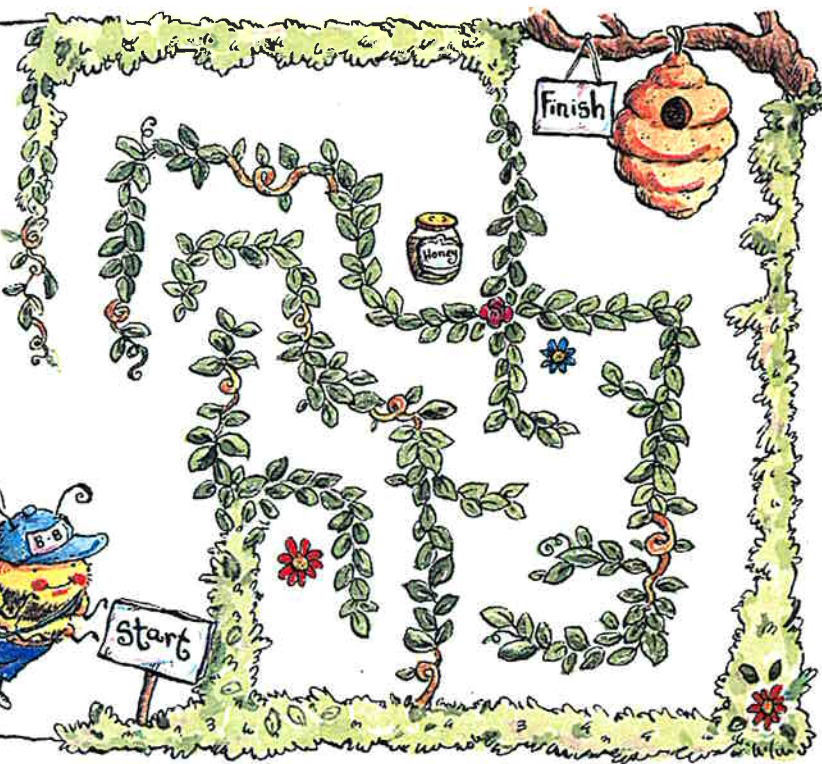




Top tip

Start the day with honey - on porridge or your favourite cereal, on toast, fruit or in a smoothie drink. It tastes great and gives you energy!

Help
Buzzy
Bee
get back
to his
hive



Filo pear and honey tarts

These tarts are a tasty way of adding extra fruit to your family's diet. They are made with filo pastry which contains only half the fat of traditional pastry. Try making them with cooked apples, apricots or a ready-made fruit compote.

Makes 4 servings

4 conference pears, peeled, cored and cut into slices	3 tbs water
4 tbs clear honey	4 sheets of filo pastry (approx 30 cm x 30 cm)
1 strip of orange peel	2 tbs (30g) melted butter
1 strip of lemon peel	Icing sugar for dusting
Juice of a lemon	

1. Preheat the oven to 180°C/ 350 F/ gas mark 4.
2. Place the pears, honey, the orange and lemon peel, lemon juice and water in a large pan and bring to the boil. Lower the heat, cover with a lid and cook gently for 5-7 minutes, stirring occasionally, until the pears are soft. Allow to cool.
3. Lay the sheets of filo pastry on the work surface and brush lightly with butter. Cut into 16 x 15cm squares, reserving the trimmings. Take one of the squares and place another square over the top at an angle to make a star shape. Repeat with 2 more squares of pastry. Gently press into a muffin tin. Repeat with the remaining pastry until you have 4 pastry cases.
4. Fill each case with the pear mixture, then brush the trimmings with butter, scrunch them up and place on top of the tarts. Bake for 20-25 minutes until golden brown. Serve each tart dusted with icing sugar, and with a scoop of ice cream.





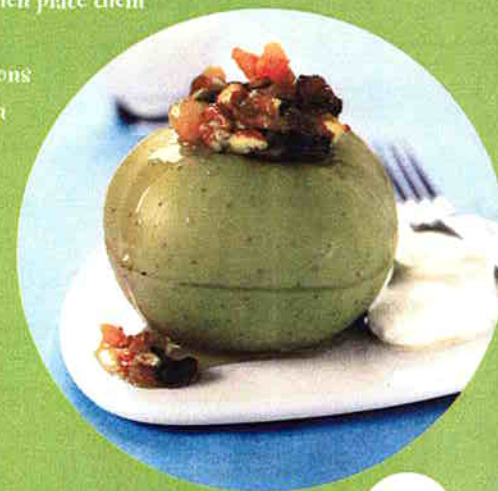
Baked apples with sultanas, pecans and honey

These baked apples are lower in sugar than the traditional version – the usual sugar is replaced with honey while the apricots provide extra sweetness as well as vitamin A and fibre. Bramley apples contain good amounts of vitamin C and potassium, while the pecan nuts are full of essential omega-3 oils and vitamin E.

Makes 4 servings

- | | |
|--|-----------------------|
| 4 Bramley cooking apples | 2 tbs clear honey |
| 2 tbs sultanas | 2 tbs pecans, chopped |
| 6 ready-to-eat dried apricots, chopped | |

1. Pre-heat the oven to 190°C/ 375°F/ Gas mark 5.
2. Remove the core from the apples. Using a sharp knife, lightly score the skin around the middle, just enough to pierce the skin.
3. In a small bowl, combine the dried fruit, honey and pecans. Fill the cavities of the apples, and then place them in a baking dish. They should fit snugly side by side. Add 2 tablespoons of water, cover loosely with foil then bake for 45 – 60 minutes.
4. Check a few times during cooking, adding a little extra water if the dish becomes dry.
5. Serve warm with natural yoghurt or custard.



Carrot, honey and raisin cake

This popular cake is lower in sugar than traditional versions as honey is substituted for some of the sugar. The wholemeal flour, carrots and raisins all provide extra fibre.

Makes 16 slices

3 carrots	85g (3oz) honey
125g (4oz) self-raising flour	3 eggs
125g (4oz) wholemeal self-raising flour	1 tsp (5ml) vanilla extract
1 tsp (5ml) baking powder	125ml (4fl oz) sunflower oil
1 tsp (5ml) cinnamon	85g (3 oz) raisins
25g (1oz) brown sugar	2-3 tbs milk

1. Pre-heat the oven to 170°C/ 325°F/ gas mark 4.
2. Line a 20 cm (8 in) round cake tin with greaseproof paper and brush with a little oil.
3. Peel and grate the carrots on a chopping board.
4. Place the flours, baking powder, cinnamon and sugar in a bowl and mix together.
5. Put the honey, eggs, vanilla, and oil in a separate bowl and mix together with a whisk or fork. Add to the flour mixture and mix well. Stir in the grated carrots and raisins with a metal spoon. Add a little milk to give a fairly soft consistency.
6. Spoon the cake mixture into the lined tin.
7. Bake for about 1 hour. Check that the cake is done by inserting a skewer or knife into the centre. It should come out clean.
8. Leave the cake to cool in the tin for 10 minutes, then loosen the sides and turn out on to a wire rack. Remove the lining paper and leave to cool.



How much honey do we eat in the UK and where does it come from?



The UK eats around 25,000 tonnes of honey per year.

Due to our unpredictable climate, a normal year's crop is around 2,500 tonnes. We therefore have to get the rest from honey produced in other areas of the world.

Where do the different types of honey come from?

Honey type	Country/Countries of Origin
Acacia	Hungary, Romania, Bulgaria, China
Chestnut	Italy, France
Clover	Canada, New Zealand
Eucalyptus	Australia, Argentina, Spain
Heather	UK
Lavender	France, Spain
Leatherwood	Australia (Tasmania)
Lime blossom	China, Romania
Manuka	New Zealand
Orange blossom	Spain, Mexico
Pine Honey	Greece, Turkey
Rosemary	France, Spain
Strawberry clover	Australia
Wild thyme	Greece, New Zealand, France, Spain
Sunflower	France, Spain

