

A Taste of Missouri

February



Honey Tips

- You can use Honey in many ways. It makes a good spread for bread, muffins, biscuits, and a tasty sandwich filled with dried fruits, peanut butter, or cottage cheese. Use Honey as a sweetener for fruits and beverages. It also can be used to sweeten, including frozen desserts, baked products, meat glazes, custards, frostings, pie fillings, cobblers, puddings, candied vegetables, and salad dressings.
- Some recipes use Honey as the main sweetener; others use sugar. Use Honey to replace some of the sugar called for in many recipes. Use these guidelines for cakes and cookies.
- For every 1 cup of sugar, substitute $\frac{1}{2}$ to $\frac{2}{3}$ cup honey. Honey is sweeter than granulated or brown sugar. So, you may not need as much Honey to get the same level of sweetness in the baked goods.
- For every 1 cup of Honey you are using in the recipe, reduce the other liquids by $\frac{1}{4}$ cup. Honey contains water, so you must reduce the amount of other liquid in your recipe accordingly.
- Add $\frac{1}{4}$ teaspoon baking soda for every 1 cup of Honey used. The additional baking soda will help to balance out the acidity in the final product and improve the leavening.
- Lower your oven temperature by 25 degrees F. Honey is sweeter than regular sugar, and it burns faster. So keep a close eye on baked goods using Honey to be sure they don't burn.
- Honey keeps best in a dry place at a cool temperature between 50 and 70 °F. Please keep it in a tightly covered container so it does not absorb moisture or odors from the air. Honey will start to form crystals as it gets older or if it is refrigerated. To make it liquid again, place the Honey in an open container in a pan of warm water until it is clear. When you set it in warm water, do not have the Honey in a plastic container.
- Honey provides energy to the body. However, the amounts of nutrients in Honey are small compared to Honey's calories. Honey cannot be used as a substitute for cane or beet sugar in a sugar-restricted diet. Honey is composed of the same basic parts as regular sugar, which the body uses similarly.

NOTE: Honey and products made with Honey must not be fed to infants younger than one year because Honey can cause "infant botulism." Spores of the bacteria that cause botulism are present in Honey. When these spores get into an infant's intestinal tract, they grow and produce a toxin that results in severe illness and death. Remember that regular cooking or baking methods do not destroy the botulism spores in Honey.





Berries with Banana Cream

Make your own “banana cream” with yogurt, banana, and fruit juice, then top fresh sliced strawberries for a delicious dessert or snack. Add honey and cinnamon for extra flavor.

Yield: 4 Servings

Time: 10 Minutes

Ingredients

- 1/3 cup yogurt, low-fat plain
- 1/2 banana (ripe)
- 1/2 us fluid ounce fruit juice (orange works well)
- 2 cups sliced strawberries
- 1 teaspoon honey
- 1 teaspoon cinnamon (dash)

Instructions

1. Combine yogurt, banana, and juice and mash with a fork until most chunks are gone.
2. Wash and slice berries.
3. Top the berries with the yogurt banana mixture.
4. Top with honey and cinnamon.

Source: <https://snaped.fns.usda.gov/node/2493>





Orange Delight Juice

Fruity and flavorful, this delightful juice is full of fruit, honey, and cinnamon. Enjoy!

Yield: 4 Servings

Time: 10 Minutes



Ingredients

- 1 cup orange juice
- ½ banana
- 1 cup apple juice
- 1 teaspoon honey
- ⅛ teaspoon cinnamon
- 1 cup ice (crushed)

Instructions

1. Wash hands with soap and water.
2. Blend at high speed in blender until frothy.

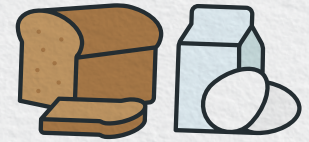
Source: <https://snaped.fns.usda.gov/resources/nutrition-education-materials/healthy-thrifty-holiday-menus/april-fools-day#recipe-1992>

Fantastic French Toast

Enjoy this classic breakfast recipe with fresh or canned fruit.

Yield: 6 Servings

Time: 10 Minutes



Ingredients

- 2 large eggs
- ½ cup non-fat milk
- ½ teaspoon vanilla extract
- 6 slices whole wheat bread
- syrup or other toppings (optional)

Instructions

1. Wash hands with soap and water.
2. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
3. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
4. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
5. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
6. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
7. Optional: serve with syrup, applesauce, fruit slices, or jam.

Source: <https://snaped.fns.usda.gov/resources/nutrition-education-materials/healthy-thrifty-holiday-menus/april-fools-day#recipe-1987>



Oven-fried Chicken with Honey-butter Sauce



Yield: 6 Servings

Time: 60 Minutes

Ingredients

Oven-fried Chicken

- 1 tender chicken, cut up for frying
- 1 cup flour
- 2 teaspoons salt
- ¼ teaspoon pepper
- 2 teaspoons paprika
- ½ cup (¼ pound) butter

Honey-butter Sauce

- ¼ cup butter
- ¼ cup honey
- ¼ cup lemon juice

Instructions

Oven-fried Chicken

1. Dip chicken pieces into mixture of flour, salt, pepper and paprika.
2. Melt ½ cup butter in a shallow baking pan in a hot oven (400 degrees Fahrenheit).
3. Remove baking pan from oven.
4. As pieces of floured chicken are placed in pan, turn to coat with butter, then bake skin side down in a single layer.
5. Bake in a hot oven (400 degrees Fahrenheit) for 30 minutes. Turn chicken.
6. Pour honey butter sauce over chicken. If chicken cannot be served at once, reduce oven heat and brush chicken again with the sauce.

Honey-butter Sauce

1. Melt ¼ cup butter in a saucepan.
2. Add honey and lemon juice. Stir.
3. Glaze chicken after it has baked for 30 minutes.

Source: <https://extension.missouri.edu/gh1120#chicken>





Crunchy Berry Parfait

So quick, so easy, and so delicious! This parfait is a favorite among kids and adults alike. Use soy yogurt instead of regular yogurt for those who can't have dairy.

Yield: 1 Serving

Time: 5 Minutes

Instructions

1. Wash hands with soap and water.
2. Spoon yogurt into glass, then top with fruit and granola.

Ingredients

- ½ cup yogurt, non-fat vanilla
- 1 cup blueberries or strawberries (fresh or frozen thawed)
- ½ cup low-fat granola (or crunchy cereal)

Source: <https://snaped.fns.usda.gov/resources/nutrition-education-materials/healthy-thrifty-holiday-menus/april-fools-day#recipe-1988>

*Rinse fresh fruits
and vegetables under
warm running water,
no soap needed.*



Rice Pudding

Yield: 8 Servings

Time: 75 Minutes

Instructions

1. Mix rice, milk and honey.
2. Add the eggs.
3. Stir in the chopped raisins.
4. Bake in a well-greased baking dish at 350 degrees Fahrenheit for about 1 hour.



Ingredients

- 2 cups cooked rice
($\frac{2}{3}$ cup dry = 2 cups cooked)
- 3 cups milk
- $\frac{3}{4}$ cup honey
- 3 eggs, slightly beaten
- 1 cup chopped raisins (optional)

Source: <https://extension.missouri.edu/gh1120#rice>



Honey Raisin Bran Bars

Yield: 18 Servings

Time: 35 Minutes

Ingredients

- ½ cup flour, sifted
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup raisins
- ½ cup nutmeats, coarsely chopped
- ½ cup whole bran cereal
- 2 eggs
- ¾ cup honey, slightly warm

Source: <https://extension.missouri.edu/gh1120#raisin>

Instructions

1. Sift flour with baking powder and salt.
2. Combine with raisins, nutmeats and whole bran cereal.
3. Beat eggs until very thick. Then beat in honey, a small amount at a time.
4. Add flour mixture and beat well.
5. Spread batter about ½-inch thick in greased 9- by 9- by 2-inch pan.
6. Bake in moderate oven (375 degrees Fahrenheit) about 25 minutes. Cut into bars while warm and sprinkle with confectioners' sugar, if desired.



Honey Butter

Yield: 6 Serving

Time: 5 Minutes

Ingredients

- ½ cup softened butter
- ⅓ cup honey
- 2 tablespoons fresh orange or lemon juice (optional)
- 1 teaspoon grated citrus peel (optional)
- 1 teaspoon cinnamon (optional)

Instructions

1. Blend softened butter with honey.
2. Refrigerate and use as desired.
3. For variation, add the fresh orange or lemon juice and the grated citrus peel, or add the cinnamon to make cinnamon honey butter.

Source: <https://extension.missouri.edu/gh1120#butter>



**Eat
Well**

Funded in part by USDA SNAP.
For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.
Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance