

# Can-Do HONEY



## *Honey Butter*

Servings: 6

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)

### Directions

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

Source: [extension.missouri.edu/publications/gh1120](http://extension.missouri.edu/publications/gh1120)



## ***Honey Raisin Bran Bars***

Servings: 18

Time: 35 minutes

### **Ingredients**

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

### **Directions**

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

Source: [extension.missouri.edu/publications/gh1120](http://extension.missouri.edu/publications/gh1120)



## ***Honey Mustard Dressing***

Servings: 6

### **Ingredients**

- ½ cup low-fat plain yogurt
- 3 tablespoons 1% or nonfat milk
- 1 tablespoon honey\*
- 2 teaspoons prepared mustard (any type)

### **Directions**

1. Clean hands and food preparation surfaces.
2. Combine all ingredients in a small bowl and stir until smooth. Cover and chill for 30 minutes before serving.
3. Refrigerate leftovers within 2 hours.



## Oven-fried Chicken With Honey-butter Sauce

Servings: 6

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

### Directions

#### 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 F).

3. Remove baking pan from oven.
4. Place floured chicken pieces in a single layer in the pan; turn to coat each piece with butter.
5. Bake at 400 F for 30 minutes. Turn chicken half-way through.
6. While the chicken is baking, prepare the honey-butter sauce.
7. Once the chicken is done baking, pour the 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: [extension.missouri.edu/publications/gh1120](http://extension.missouri.edu/publications/gh1120)



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## Honey Tips

- Honey is sweeter than granulated or brown sugar. For each cup of sugar, you can substitute  $\frac{1}{2}$  to  $\frac{2}{3}$  cup honey. Honey contains water, so you must reduce the amount of other liquid in your recipe accordingly. For each cup of honey used, reduce the other liquids by  $\frac{1}{4}$  cup.
- Additional baking soda helps to balance out the acidity in a recipe and improve the leavening. Add  $\frac{1}{4}$  teaspoon baking soda for every 1 cup of honey used.
- Since honey is sweeter than regular sugar, baked recipes may burn easier. Lower your oven temperature by 25 degrees from the temperature indicated in the recipe.
- Honey keeps best in a dry, cool location in a tightly covered jar. 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 glass container in a pan of warm water until it is clear.

**\*Important Safety 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. Regular cooking or baking methods do not destroy the botulism spores in honey!