

# Honey Recipes

## Honeyscotch Topping

1/4 c. sugar  
3/4 c. honey  
1/4 c. butter  
1/4 tsp. salt  
2/3 c. evaporated milk

Combine sugar, honey, butter, salt, and 1/3 cup of the milk in a saucepan. Cook over medium heat, stirring occasionally, to a soft-ball stage (234). Stir in remaining 1/3 cup milk and cook until thick and smooth, about 3 minutes. Makes 1 1/2 cups. Serve hot or cold on gingerbread, cake, or pudding (or for a super sundae, on chocolate ice cream with toasted almonds.)

## Low-Fat Milk Shake for Your Honey

1 1/2 c. 2% milk  
1 1/2 c. strawberries, sliced  
1 c. vanilla yogurt  
1/4 c. honey  
5 ice cubes

Combine all ingredients except ice in a blender; blend until thick and creamy. Add ice cubes one by one; blend until smooth. Makes 4 servings.

## Honey Date Bar

1/3 c. creamed honey  
3 T. nonfat dry milk  
1/2 c. packed, ground dates  
1/2 c. finely chopped nuts

Mix the honey and dry milk until smooth. Add ground dates and nuts and mix well. Form into bars or balls and roll in finely chopped nuts or coat with chocolate.

Variation: Substitute 1/3 c. of finely ground apricots for the dates.

Preparation time: about 25 minutes.

Yield: about 8 bars or 15 balls.

## Avocado Fruit Dressing

1 large ripe avocado, peeled,  
pitted and mashed smooth  
1 tsp. honey  
1 T. lemon juice  
1/2 c. orange juice  
1/2 tsp. salt

Gradually add all ingredients to mashed avocado, beat until smooth. Chill. Makes 1 cup.

## Quick Pumpkin Pudding

3 eggs  
3/4 c. honey  
1/2 tsp. ginger  
1/2 tsp. nutmeg  
1/2 tsp. cinnamon  
1/2 tsp. salt  
1 3/4 c. pumpkin  
1 c. undiluted evaporated milk

Beat eggs slightly. Add honey, spices, salt and pumpkin. Mix well. Add evaporated milk. Butter a deep 9-inch pie pan. Pour pumpkin mixture into pan. Bake at 325° for 1 hour or until knife blade comes out clean. Cool thoroughly. Serve with honey-sweetened whipped cream, if desired.

## Soft Spice Cake

1/2 c. shortening  
3/4 c. honey  
2 c. sifted cake flour  
2 tsp. baking powder  
1/2 tsp. salt  
1 tsp. cinnamon  
1/2 tsp. cloves  
1/4 tsp. nutmeg  
2 eggs, separated  
1/2 c. milk  
1/2 c. chopped nuts  
1/2 c. chopped raisins

Cream shortening. Add honey and beat thoroughly. Sift flour, baking powder, salt and spices together. Add 1 c. flour mixture to honey mixture. Beat well. Add egg yolks, beat. Add remaining dry ingredients alternately with milk. Add nuts and raisins with last addition of flour. Beat egg whites until stiff. Fold into batter. Pour into greased and floured 9-inch tube pan. Bake at 350° for 1 hour or until cake tests done. Drizzle honey over hot cake. Later, while still warm, sprinkle a mixture of cinnamon and date sugar on top.