

# Honey Treats

Not only is honey sweet to eat, it also has health benefits. And it's used in many beauty products as well. Here are some honey treats you can make.

## Honey Dip

1 pint (16 oz.) low-fat plain yogurt  
¼ cup honey  
2 tablespoons orange juice  
½ teaspoon grated orange peel  
Assorted fruits cut in bite-size pieces for dipping

Mix the first four ingredients in a bowl. Serve with fruit for dipping.

## Honey Muffins

2 cups whole wheat flour  
2 teaspoons baking powder  
1 teaspoon cinnamon  
¼ teaspoon salt  
½ cup chopped nuts  
1 cup raisins  
2 eggs  
¼ cup orange juice  
½ cup vegetable oil  
½ cup honey  
1 teaspoon vanilla  
1 teaspoon grated orange peel  
1 cup shredded carrots

With an adult helper, preheat oven to 375 degrees. Grease muffin-pan cups, or line with paper cups. In a large bowl, combine flour, baking powder, cinnamon, salt, nuts, and raisins. In a small bowl, mix eggs, orange juice, oil, honey, vanilla, and orange peel. Stir the liquid ingredients into the dry ingredients. Stir in carrots. Spoon batter into muffin-pan cups. Bake at 375 degrees for 20 to 25 minutes. Makes 18 muffins.

## More Reading on Bees

### CHILDREN'S BOOKS

- Joanna Cole and Bruce Degen, *The Magic School Bus Inside a Beehive*, Scholastic, 1996.
- Heiderose and Andreas Fischer-Nagel, *Life of the Honeybee*, Carolrhoda Books, 1986.
- Sylvia A. Johnson and Nick Von Ohlen, *A Beekeeper's Year*, Little, Brown and Company, 1994.
- Charles Micucci, *The Life and Times of the Honeybee*, Ticknor & Fields, 1995.

### ADULT BOOKS

- Steven Buchmann, *Letters from the Hive: An Intimate History of Bees, Honey, and Humankind*, Bantam Books, 2005.
- Sue Hubbell, *A Book of Bees*, Random House, 1988.
- Stephanie Rosenbaum, *Honey: From Flower to Table*, Chronicle Books, 2002.



## Honey Lip Balm (for chapped lips)

1 cup sweet almond oil (Look for it in natural food stores.)  
½ cup beeswax (Look for it in craft stores.)  
2 tablespoons honey

Put the almond oil and beeswax in a microwave-safe bowl. Microwave on high for one minute or until mixture is melted. Stir honey into the mixture. Let it cool completely. When cool, pour into small containers with lids.