



KitchenAid Creamed Honey

Laura Fazekas

INGREDIENTS

1 quart (~3 lb) raw liquid honey, room temp

4-5 TB creamed honey (seed)/ starter- get from another beek!

DIRECTIONS

1. Pour liquid honey into KitchenAid bowl. Add 4-5 TB of creamed honey seed/starter.
 2. Attach the flat beater. Mix on speed 1-2 for 15-20 minutes, scraping sides occasionally.
 3. Stop when honey turns pale, thick, and opaque- it will still be pourable at this stage.
 4. Skim any surface foam, then spoon into wide-mouth airtight jars.
 5. Rest at room temperature 48-72 hours to fully set. Store at 55-66 °F
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Healthy Chocolate Sauce

Mike Hutchinson

INGREDIENTS

1 c. cocoa powder
1 c. honey
1/4- 1/2 c. water
1/2 tsp vanilla

DIRECTIONS

1. Mix honey & cocoa powder.
 2. Add water & vanilla
 3. Mix everything in a jar
 4. Refrigerate- store up to 2 weeks
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Creamed Whipped Feta Dip with Hot Honey

Nancy Baker

INGREDIENTS:

DIP:

8 oz. feta cheese
6 oz. greek yogurt
1 garlic clove, grated
2 TB lemon juice
2 TB olive oil

HOT HONEY:

mix honey and hot sauce
to taste

DIRECTIONS

1. Add all ingredients to a food processor, pulse until smooth.
 2. Tip with hot honey and sprinkle with pepper flakes.
 3. Serve with toasted pita bread and veggies.
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Peanut Butter Honey Energy Bites

Laura Fazekas

INGREDIENTS:

2/3 c. creamy peanut butter
1 c. old-fashioned oats
½ c. ground flax seeds
2 TB honey
½ c. mix-ins of choice

Try: mini chocolate chips, dried cranberries, chopped nuts, or shredded coconut

DIRECTIONS

1. Stir the peanut butter, oats, flax seed, and honey together in a bowl. Fold in your mix-ins
2. Chill 15-30 minutes- this makes rolling much easier.
3. Roll into 12 bites. Store in fridge up to a week, or freeze up to 3 months.

Tip: Damp hands keep the mixture from sticking while you roll.



Honey Oatmeal Bread

Dallas Jackson

INGREDIENTS:

1 pkg active dry yeast

1 c. quick oats

3 c. bread flour

1 tsp salt

$\frac{1}{2}$ c. honey

1 TB vegetable oil

1 $\frac{1}{4}$ c. warm water

DIRECTIONS

1. Place ingredients in order in the bread machine.



Honey Apple Oat Crunch Bites

Jess Gray

INGREDIENTS:

APPLE PORTION:

2 medium apples,
diced very small
1 TB butter
2 TB honey
 $\frac{1}{2}$ tsp cinnamon
pinch of salt
1 tsp lemon juice

OATMEAL CRUNCH:

$\frac{1}{2}$ c. old-fashioned oats
 $\frac{1}{4}$ c. chopped nuts (opt.)
2 TB brown sugar
2 TB butter, melted
1 TB honey
 $\frac{1}{4}$ tsp cinnamon
Pinch of salt

DIRECTIONS:

APPLE MIXTURE:

Make the apple mixture:

- Melt butter in a skillet.
- Add diced apples, cinnamon and salt.
- Cook about 3-5 min- just until softened but still slightly firm.
- Remove from heat and stir in 2 TB honey & lemon juice

CRUNCH MIXTURE:

Make the crunch mixture:

- Mix oats, nuts, brown sugar, cinnamon & salt.
 - Stir in melted butter & honey
 - Spread on a parchment-lined baking sheet
 - Bake at 350°F for 10-12, stirring once, until golden
 - After cool, mix apple mixture in with the crunch mixture
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Root & Hive's Reuseable Cotton Beeswax Wraps

Jess Gray

INGREDIENTS:

Cotton fabric, cut to the desired size
Beeswax

DIRECTIONS:

1. Brush (with a disposable brush, or one only used for beeswax) melted beeswax (use an old slow cooker to melt) on cloth squares on a parchment-lined baking sheet (note don't get wax on your baking sheet—it's hard to get off).
2. Let dry. Using tongs, remove the fabric from the baking sheet. It should feel cool to the touch after waving it for a few seconds in the air. Hang the fabric up to dry or set it on the back of a chair with the beeswax side facing up.

TO CLEAN:

- Rinse with cool or lukewarm water & gently wash with mild soap.
- Air dry completely before storing

AVOID:

- Hot water
- Microwave or oven
- Dishwasher
- Raw meat or hot foods

TO REFRESH:

If the wax becomes thin or the fabric loses its shape, place in between two sheets of parchment & gently warm with an iron on low heat.

STORE:

Fold or roll & keep in a cool, dry place.

END OF LIFE:

When your wrap has reached the end of its useful life, cut into strips, and add to compost.
