

Honey Pineapple Cranberry Mocktail

Servings: 4

Source: adapted from Smiley Honey by Extension Master Food Volunteer Shelle Cox

This tropical, tart and naturally sweet mocktail contains honey to bridge flavors while adding a golden color and natural sweetness. Honey simple syrup is simply 1 ounce of honey blended with 1 ounce of warm water.

INGREDIENTS

6 ounces pineapple juice
4 ounces cranberry juice
2 ounces honey simple syrup
2 ounces lime juice
6 ounces sparkling water

DIRECTIONS

1. Mix all together and pour over ice.

Nutrients Per Serving:

60 Calories | 0g Fat (g Saturated) | **15g** Carbohydrates | **12g** Added Sugar | 0g Protein | **10mg** Sodium | **0g** Fiber

Goat Cheese, Hot Honey and Pistachio Crostini

Servings: 48

Source: adapted from Easton Gilowski by Extension Master Food Volunteer Shelle Cox

These crostini are sweet, salty, creamy and crisp all at the same time. Hot honey is a sweet and spicy condiment made by infusing pure honey with chili peppers or hot sauce.

INGREDIENTS

1 24-inch baguette cut into 1/2-inch slices
1/4 cup olive oil
1 teaspoon garlic salt
8 ounces plain goat cheese
2 teaspoons finely chopped fresh thyme
2 teaspoons finely chopped fresh oregano
1 pinch sea salt
1 pinch pepper
1/3 cup hot honey
1/3 cup chopped pistachios
1/4 cup fresh thyme leaves

DIRECTIONS

1. Preheat oven to 375°F
2. Using a pastry brush, lightly brush both sides of baguette slices with olive oil. Place slices on an ungreased baking sheet.
3. Sprinkle the top of the baguette slices with garlic salt.
4. Bake 7-8 minutes, then turn slices over. Bake an additional 7-8 minutes until slices are golden brown and crunchy. Set aside to cool.
5. Add goat cheese, thyme, oregano, hot honey, salt, and pepper to a medium sized bowl, food processor or blender. Whip for about 4 minutes until creamy and smooth.
6. Spread whipped goat cheese mixture on baguette slices.
7. Top with pistachios and a drizzle of hot honey.
8. Garnish with chopped fresh thyme leaves.

Nutrients Per Serving:

60 Calories | 3g Fat (1g Saturated) | 7g Carbohydrates | 2g Added Sugar | 2g Protein | 100mg Sodium | 0g Fiber

Honey and Herb Fruit Salad

Servings: 4

Source: adapted from www.epicurious.com by Extension Master Food Volunteers

Basil, cilantro and red bell pepper bring a savory element to this fruit salad. This is a great dessert but would be equally good for breakfast or brunch.

INGREDIENTS

2 cups diced fresh pineapple, peeled and cored
1 cup diced honeydew melon, peeled and seeds removed
1 cup diced mango, peeled and pitted
2 tablespoons thinly sliced fresh basil
2 tablespoons honey
2 tablespoons fresh squeezed lime juice
1 tablespoon thinly sliced cilantro or mint
1 tablespoon minced crystallized ginger
1 tablespoon minced red bell pepper
1 tablespoon sesame seeds (optional)

DIRECTIONS

1. Mix all ingredients except sesame seeds in a large bowl. Allow to stand for 10 minutes for flavors to meld.
2. Divide fruit mixture among wine glasses and sprinkle with sesame seeds if desired.

Nutrients Per Serving

140 Calories | 1.5g Fat (0g Saturated) | 33g Carbohydrates | **10g** Added Sugar | 2g Protein | **15mg** Sodium | **3g** Fiber

Spicey Honey Garlic Meatballs

Servings: 8

Source: adapted from Yellow Bliss Road by Extension Master Food Volunteer Shelle Cox

These meatballs can be served as an appetizer or over rice for a meal.

INGREDIENTS

1/2 cup honey
1/2 cup low sodium soy sauce
1/2 cup ketchup
2 tablespoons brown sugar
4 cloves garlic, minced
1 teaspoon ground ginger
1/2 teaspoon red pepper flakes
2 tablespoons corn starch
1 green onion, sliced, for garnish
Sesame seeds for garnish, optional
40 small, precooked meatballs

DIRECTIONS

1. Add honey, soy sauce, ketchup, brown sugar, garlic, ginger and red pepper flakes to a large saucepan. Simmer over medium heat for about 2-3 minutes, stirring occasionally.
2. Pour cornstarch into a small bowl and add 2 tablespoons of the simmering mixture. Whisk to combine until smooth. Pour the cornstarch mixture back into the saucepan and whisk until incorporated and cook until thickened.
3. Add the cooked meatballs and stir over medium-low heat until meatballs are heated through.
4. Serve immediately or keep warm.
5. Store leftovers refrigerated in an airtight container for up to 3 days.

Slow cooker version:

Add meatballs to the slow cooker

In a small bowl whisk all the ingredients except the cornstarch and pour over the meatballs. Cook on low for about 3 hours. To thicken add 2 tablespoons of the sauce to a bowl and whisk in the cornstarch add it back to the slow cooker. Cover and cook on low for an additional 30 minutes.

Nutrients Per Serving:

170Calories | 3.5g Fat (.5g Saturated) | **32g** Carbohydrates | **24g** Added Sugar | 5g Protein | 650mg Sodium | **0g** Fiber

Sweet Honey Cornbread Muffins

Servings: 12 muffins

Source: Extension Master Food Volunteer Jamie Mast

If you love your cornbread sweet, moist, and meltingly tender, this version acts as the perfect vehicle for honey butter.

INGREDIENTS

1 cup yellow cornmeal
1 cup all-purpose flour
1 tablespoon baking powder
1/4 cup granulated sugar
1 teaspoon salt
1 cup buttermilk
1/4 cup honey
4 tablespoons butter, plus 1 tablespoon for greasing.
2 large eggs
1 teaspoon salt

DIRECTIONS

1. Preheat oven to 400° F and using hands, grease a muffin pan with softened butter.
2. Mix the cornmeal, flour, baking powder, sugar and salt in a large bowl.
3. Make a well in the center of the dry ingredients. Pour in the buttermilk, eggs, melted butter and honey.
4. Stir everything together just until the flour is moistened. Overmixing will make the muffins tough. Using a spoon or small scoop transfer the batter to the muffin pan.
5. Bake for 12-14 minutes. A toothpick inserted into the center of a muffin should emerge clean or with just a few moist crumbs.

Nutrients Per Serving:

180 Calories | 5g Fat (2g Saturated) | 30g Carbohydrates | 10g Added Sugar | 4g Protein | 260mg Sodium | 1g Fiber

Cinnamon Honey Butter

Servings: 32 (makes 2 cups)

Source: adapted from Joy Food Sunshine by Extension Master Food Volunteer Shelle Cox

This recipe is quick to make, and you'll want to slather it on everything!

INGREDIENTS

2 cups unsalted butter, softened
1/4 cup powdered sugar
1 tablespoon honey
1/2 teaspoon pure vanilla extract
1/2 teaspoon ground cinnamon
1/8 teaspoon sea salt

DIRECTIONS

1. Add butter, powdered sugar, honey, vanilla, cinnamon and salt to the bowl of a standing mixer fitted with paddle attachment. (You can also use a hand mixer). Beat until fluffy and serve at room temperature.
2. Store in an airtight container at room temperature for up to one week or refrigerated in an airtight container for up to one month.
3. The butter can be stored frozen in an airtight container for up to 4 months. Thaw at room temperature before serving.

Nutrients Per Serving:

110 Calories | 12g Fat (7g Saturated) | 2g Carbohydrates | 1g Added Sugar | 0g Protein | 100mg Sodium | 0g Fiber