

Honey Peanut Butter Squares

Ingredients:

- 2/3 cup Honey
- 3/4 cup Peanut Butter
- 4 cups Granola Cereal Mix

Directions:

In 4 cup microwave safe container microwave honey on HIGH for 2 to 3 minutes or until honey boils. Stir in peanut butter, mic until thoroughly blended. Place granola in large bowl. Pour honey mixture over granola and combine thoroughly. Press firmly into a 13"x 9"x

6" baking pan. Let stand until firm. Cut into squares.

(Makes 36 squares)

Almond Orange Coconut Cookies

With a delicate balance of nuts, coconut, honey and orange zest, these cookies are incredibly delicious. Recipe makes about 18 small cookies, so feel free to double the batch!

Ingredients:

- 2 C almond meal (240g)
- 1/2 C unsweetened coconut flakes (44g)
- 1/2 C raw honey
- 1/4 C coconut oil
- Zest of 1 orange



Directions:

1. Preheat oven to 350°F.
2. Combine all ingredients in a medium bowl and mix well (do not melt coconut oil).
3. Place rounded teaspoons (quarter sized) of dough on a parchment lined baking sheet.
4. Flatten each cookie to about 1/2 inch thick.
5. Bake for 11 to 13 minutes or until edges are lightly browned and center is set.
6. Let cool on baking sheet for 5 minutes until they firm up, then transfer to wire rack to cool completely.

Honey Nut Caramels

1 Tbs. flour

½ t. salt

½ cup. cream

1 cup honey

1 t. vanilla

1 cup chopped nuts

4 Tbs. butter

Mix flour, salt and cream thoroughly in a heavy saucepan. Mix in butter and honey. Place on direct heat and stir constantly until temperature reaches 258° or until the syrup when dropped in cold water forms a firm ball (about 15 minutes). Stir in vanilla and nuts. Pour into buttered 8x8 inch dish. When cool, cut into squares and wrap in candy wrappers or plastic wrap.

From: The Geiger Kitchen

BeeMaid100% Pure
Canadian Honeymore recipes at beemaids.com/recipes

Desserts

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Ingredients

¼ cup	Butter
¼ cup	Bee Maid Honey
1	Egg
1 tsp.	Vanilla
½ cup	Flour
1 tsp.	Baking powder
½ tsp.	Salt
4 tbsp.	Cocoa
½ cup	Chopped nuts

Directions

Cream together butter and honey. Beat in egg and vanilla. Stir in flour, baking powder, salt. Stir in nuts. Pour batter into greased 9"x9" pan. Bake at 325 F for 20-25 minutes.

Source: Recipe courtesy of The Canadian Honey Council

Fred & Gail Pollard



STREUSELED HONEY-BUTTER BREAKFAST MUFFINS

Servings: Makes 10 muffins

INGREDIENTS

For the muffin butter

- 2 cups all-purpose butter
- ½ cup sugar
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1 large egg, room temperature
- 1 cup whole milk, room temperature
- ¼ cup butter, melted and slightly cooled
- ¼ cup honey



For the Streusel

- ¼ cup all-purpose flour
- ¼ cup sugar
- ½ teaspoon ground cinnamon
- 2 Tablespoons butter, softened

Directions:

- To make the streusel, place all ingredients in a small bowl. With your fingers, mix together until a crumb-like texture occurs. Set aside.
- Preheat oven to 375 degrees F. Prepare a muffin pan with cooking spray. You could also use paper-liners if you choose.
- Combine flour, sugar, baking powder and salt in a large bowl.
- In another smaller bowl combine egg, milk, butter and honey. Stir into dry ingredients just until moistened.
- Fill muffin cups ¾ of the way full. Sprinkle each cup with streusel and bake for 18-20 minutes or until a toothpick stuck in the middle comes out clean. Place pan on a wire rack to cool for 10 minutes. Remove and serve warm if you can and with extra honey.

Vanilla Honey Salted Caramel Popcorn

Author: Shanna Prep time: 15 mins Cook time: 60 mins Total time: 1 hour 15 mins.

My twist on caramel popcorn by using honey, extra vanilla and large sea salt flakes. So good, it doesn't last more than a day - hard to stop eating once you start! Adapted from [All Recipes](#)

Ingredients

- o 2 sticks butter (1 cup) unsalted
- o 2 cups brown sugar (I used dark)
- o 1/2c honey
- o 1 tbsp vanilla extract
- o 1/2 tsp baking soda
- o 6 quarts freshly popped popcorn (unsalted and no butter, preferably air popped)
- o 1 1/2 tsp large sea salt flakes, such as maldon

Instructions

1. Preheat oven to 250 deg. F. Set out two large cookie sheets with an edge (jelly roll pans) and place half the popcorn in a large bowl.
2. Heat butter, honey and brown sugar over medium heat stirring until melted, raise heat and let boil for 4 minutes. Removed from heat and immediately add the vanilla, baking soda and salt. The mixture will bubble up rapidly so stir quickly.
3. Pour half the mixture over half the popcorn in the bowl, stirring well to coat, add the other half of the popcorn in the bowl and pour the remaining caramel sauce over the popcorn stirring again.
4. Spread the popcorn mixture evenly in the two pans. Don't worry if all the popcorn didn't get covered. The sauce will melt again while baking and stirring will help get it all coated.
5. Place pans in oven and bake for one hour. Every 15 minutes exactly stir well to help get all the popcorn coated
6. Removed after an hour and stir again, as it cools the popcorn will stick together so continue to stir and break up the larger pieces in to smaller ones. Store the caramel com in an airtight container or resealable baggie. This will keep at room temperature up to 2 week - unless you eat it all first!

Recipe by [Pineapple and Coconut](#) at <http://www.pineappleandcoconut.com/recipes/vanilla-honey-salted-caramel-popcorn/>



Whole Wheat Honey Buns

1 ½ cups very warm water

1 scant Tbs. yeast

1 Tbs. honey (or more)

1 tsp. sea salt

2 Tbs. oil

2 cups bread flour (I use Bob's Redmill organic white flour)

½ cup ground flax seed

3 cups whole wheat flour (We grind our own)

Combine honey and water. Dissolve yeast in this mixture until it bubbles.

Add 2 cups whole wheat flour, flax seed, salt and oil. Mix well, then add remaining bread flour and whole wheat flour. Mix and knead until dough leaves sides of bowl. (I use a Kitchen Aid mixer with dough hook to do this for me.)

Let rise until double in warm place. Form into buns and let rise until double. Bake in 450° oven for 15 to 20 min.

Note: This is not an exact recipe – I do not measure accurately and frequently make changes. Sometimes I add herbs, seeds, garlic or different finishes on the top. The size also varies, although this dough is too soft for large free-form loaves.

From: The Geiger Kitchen