



Essentially Honey Recipe Book

By Heidi du Preez
&
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Fruit Smoothie

- 1 ripe banana
- 1 cup (250 ml) fresh fruit in season
- ½ cup (125 ml) filtered water
- ¾ cup (180 ml) natural yoghurt
- 2 tbsp (30 ml) raw lemon honey
- 1 tsp (5 ml) apricot kernel oil or flaxseed oil (optional)

Place all the ingredients in a liquidizer and liquidize until smooth.

Remedy for a tight chest

- 1 tbsp (15 ml) raw peppermint honey
- 1 tbsp (15 ml) linseed oil

Mix the oil and honey together and take 1 tsp (5 ml) at meal times.

Pineapple Shake

- ½ pineapple, peeled and flesh sliced
- ¼ cup (60 ml) fresh pineapple juice or filtered water
- 2 carrots, scrubbed and chopped
- 1 tsp (5 ml) lemon juice
- 1 tsp (5 ml) raw orange blossom honey
- ¼ cup water

1. Place all the ingredients in a liquidizer and liquidize until smooth.

Variation: use 1 orange instead of the pineapple

Cream cheese & lavender honey topping for carrot cake

- 1 cup (250 ml) smooth cream cheese
- 1 tbsp (15 ml) lavender honey

Mix the lavender honey into the cream cheese and top your favourite carrot cake.

Peppermint honey salad dressing

- ½ cup extra virgin olive oil





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- 1 clove garlic, crushed
- 3 tbsp (45 ml) fresh lemon juice
- 2 tsp (10 ml) raw peppermint honey
- 1 tbsp (15 ml) fresh chopped mint
- 1 tbsp (15 ml) fresh chopped coriander
- 1 tbsp (15 ml) fresh chopped parsley

1. Mix all the ingredients together and pour over salad and toss gently.

Interesting facts:

European settlers introduced European honey bees to New England in about 1638. North American natives called these honey bees the "white man's flies." Honey was used to prepare food and beverages, to make cement, to preserve fruits, to concoct furniture paste-polish and varnish and for medicinal purposes.

Rooibos Tea

- 2 teaspoons (10ml) organic rooibos tea leaves
- 2cm fresh ginger root, peeled
- 1 teaspoon (5ml) peppermint honey

Place the rooibos leaves and ginger in a teapot and pour over boiling water.
Stand for 2 - 3 minutes.
Pour into a teacup using a tea-strainer
Add 1 teaspoon peppermint honey

Millet Porridge with Aniseed Honey

- 1/2 cup (125ml) de-husked millet
- 2 cups (500ml) water
- 1 tablespoon (15ml) aniseed honey
- a blob of butter (5ml) (optional)

Place the millet in a deep-sided saucepan and cover with the water.
Bring to the boil, reduce the heat and simmer for 35 minutes, stirring from time to time. Add more water if the consistency is too thick.
Once cooked, spoon out the desired amount into a bowl add the honey and butter.
Note: You could also use a tablespoon of pumpkin seed honey.

