



America's Favorite Honey Recipes

*Delicious honey recipes
that support the
U.S.A. Honey Bee*




SueBee[®]
America's Honey[®]

Product of **U.S.A.**



Make it delicious and make a difference.

When you cook with Sue Bee® Honey, you're not only getting a consistently delicious taste and 100 percent all-natural pure honey, you're helping to support the U.S.A. honey bee and the important role it plays in American agriculture. Sue Bee® Honey is a product of the U.S.A. – made by American honey bees. These same bees are responsible for pollinating more than 30 percent of the fruits and vegetables you see in your local grocery store. There has never been a more critical time to support the U.S.A. honey bee. Currently, colony collapse disorder (CCD) is a serious problem threatening the health of honey bees and the economic stability of commercial beekeeping. If losses continue, increased costs would eventually be passed on to consumers through higher food costs. So ultimately, when you buy honey produced in America, you are supporting U.S. agriculture.

Sue Bee® Honey is now featuring a Support The U.S.A. Honey Bee seal on its products to help educate consumers on the benefits of buying American honey. More information about this initiative can be found at suebee.com.

Please enjoy the delicious recipes found on the following pages. You can be confident in the great taste of Sue Bee® Honey and be proud of the difference you are making by supporting the U.S.A. honey bee.





Table of Contents

Breads.....3

Tasty Honey Cornbread.....3

Quick & Easy Honey Banana Bread.....4

Salads/Sides.....5

Fruit Salad with Honey Yogurt Dressing.....5

Apple Salad with Honey Greek Yogurt Dressing.....6

Gingered Carrots with Honey.....7

Country Sweet Potatoes or Yams with Honey.....8

Classic Honey Baked Beans.....9

Sweet & Savory Rice Pilaf.....10

Beet Salad with Honey Harvest Dressing.....11

Main Dishes.....12

Salmon with Honey-Citrus Glaze.....12

Honey-Glazed Pork Chops.....13

Ham with Five-Spice Vegetables.....14

Hearty Honey-Glazed Meatloaf.....15

Black Pepper Roast Beef with Honey Glaze.....16

Sassy Sweet & Spicy Chili.....17

Desserts.....18

Baked Apples with Honey, Walnuts & Cinnamon...18

Cherry Tart with Goat Cheese Honey Filling.....19

Honey Pecan Pumpkin Pie.....20

Apple Raisin Bread Pudding.....21

Snacks.....22

Ultimate Peanut Butter & Honey Grilled Sandwich...22

Heartland Honey Granola.....23

Peanut Butter Honey Balls.....24



Breads

Tasty Honey Cornbread

Ingredients:

- 1/4 cup Sue Bee® Honey
- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- 1/4 cup white sugar
- 1 tablespoon baking powder
- 2 eggs, beaten
- 1 cup heavy cream
- 1/4 cup vegetable oil

Directions:

1. Preheat oven to 400 F.
2. Lightly grease a 9-by-9-inch baking pan.
3. In a large bowl stir together flour, cornmeal, sugar and baking powder. Set aside.
4. In a medium bowl combine Sue Bee® Honey, eggs, cream and oil. Stir to combine.
5. Add wet ingredients to dry ingredients and combine until all ingredients are incorporated.
6. Pour batter into prepared pan and bake in oven for 25 minutes or until a toothpick inserted into center of pan comes out clean.

Quick & Easy Honey Banana Bread



Ingredients:

- 3/4 cup Sue Bee® Honey**
- 1 stick butter, melted**
- 2 eggs**
- 1 cup bananas, mashed**
- 2 cups flour**
- 1 teaspoon soda**
- Dash of salt**
- 1/2 to 3/4 cups nuts, chopped**
- Powdered sugar, optional**

Directions:

1. Preheat oven to 350 F.
2. Grease and flour 2 small bread pans.
3. Mix ingredients together; pour into pans.
4. Bake for 30 minutes.
5. Let stand until cool. Remove from pans and dust with powdered sugar if desired.



Without the American honey bee, produce aisles would diminish by more than 30 percent.



Salads/Sides

Fruit Salad with Honey Yogurt Dressing

Ingredients:

- 1/2 cup Sue Bee® Honey
- 1 cup halved fresh strawberries
- 1 cup fresh blueberries
- 1 cup canned pineapple chunks
- 1 cup seedless grapes
- 1 banana, sliced diagonally
- 3 tablespoons lemon juice
- 3/4 pint plain yogurt
- 2 teaspoons lemon peel
- 1 teaspoon vanilla

Directions:

1. Combine all fruit into a medium bowl and drizzle with lemon juice to prevent discoloration.
2. In a small bowl combine Sue Bee® Honey, yogurt, lemon peel and vanilla. Mix well.
3. Pour honey mixture over the fruit, gently mix and serve.

Apple Salad with Honey Greek Yogurt Dressing

Dressing Ingredients:

- 3 tablespoons Sue Bee® Honey
- 1/2 cup plain Greek yogurt
- 2 tablespoons vegetable oil
- 2 tablespoons white wine vinegar
- 2 teaspoons brown mustard
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Combine all ingredients in a small bowl and blend well. Set aside while preparing the apple salad.

Salad Ingredients:

- 3 to 4 medium-size Granny Smith apples, unpeeled and diced
- 1 stalk celery, chopped
- 1 medium-size carrot, peeled and shredded
- 1/2 cup golden raisins
- 3/4 cup toasted pecans, chopped

Directions:

1. In a large bowl combine apples, celery, carrot, raisins and pecans.
2. Pour Honey-Greek Yogurt Dressing over apple mixture. Toss gently to combine.
3. Cover and chill 3 hours before serving.



Check the label to make sure you are getting 100% U.S.A. honey.

Gingered Carrots with Honey



Ingredients:

- 1/3 cup Sue Bee® Honey
- 1 pound carrots
- 1/3 cup butter
- 1 pinch ground ginger
- 1 tablespoon fresh lemon juice

Directions:

1. Bring pot of water to a boil.
2. Add carrots to boiling water and cook 5-7 minutes, until fork tender but still firm.
3. Drain the carrots and set aside.
4. In a large skillet over low heat, melt the butter and add Sue Bee® Honey.
5. Once honey and butter are melted and combined, add the ginger and lemon juice.
6. Stir the carrots into the honey ginger mixture and simmer until heated through. Serve.

Country Sweet Potatoes or Yams with Honey

Ingredients:

- 1/2 cup Sue Bee® Honey
- 2 pounds sweet potatoes or yams
- 1/2 cup orange juice
- 1 tablespoon cornstarch
- 1 teaspoon ground ginger
- 1 teaspoon ground nutmeg
- 2 tablespoons butter

Directions:

1. Wash and pierce unpeeled potatoes or yams.
2. Bake at 375 F for 40-50 minutes until tender but still firm.
3. Cool, peel and cut into 1 1/2 inch pieces.
4. Coat an 8-by-8-inch baking dish with cooking spray.
5. Place cooked potatoes or yams in dish. Set aside.
6. In small saucepan combine Sue Bee® Honey, orange juice, cornstarch, ginger and nutmeg. Stir until smooth and no lumps remain.
7. Cook over medium-high heat, stirring until mixture thickens and begins to boil. Remove from heat and stir in butter.
8. Carefully pour over potatoes or yams, stirring to coat.
9. Bake at 350 F for 25-30 minutes until potatoes or yams are fork-tender.



*Honey bees pollinate more than
150 food crops in the United States.*

Classic Honey Baked Beans



Ingredients:

- 3/4 cup Sue Bee® Honey
- 6 slices low-fat and low-sodium bacon
- 3/4 cup chopped onion
- 3 15-ounce cans navy beans
- 3/4 cup ketchup
- 2 tablespoons prepared mustard
- 2 tablespoons of Worcestershire sauce

Directions:

1. Saute bacon until slightly crisp and remove from skillet. Crumble and set aside.
2. Saute onion in the same skillet until tender and translucent.
3. In a medium-size bowl combine and blend Sue Bee® Honey, bacon, onion, beans, ketchup, mustard and Worcestershire sauce.
4. Preheat oven to 350 F.
5. Transfer combined ingredients into a 2-quart baking dish coated with cooking spray. Cover dish with foil.
6. Bake for 30 minutes. Take dish from oven and remove foil.
7. Return ingredients to oven and bake an additional 45 minutes, uncovered. Serve.

Sweet & Savory Rice Pilaf

Ingredients:

- 1/4 cup Sue Bee® Honey
- 1 3/4 cups low-sodium chicken stock
- 2 tablespoons soy sauce
- 1/2 cup dried cranberries
- 2 cups instant rice
- 1/2 cup sliced almonds, toasted and coarsely chopped

Directions:

1. In a medium saucepan combine chicken stock and soy sauce. Bring to a boil.
2. Stir in dried cranberries and rice.
3. Cover pan immediately and remove from heat. Let stand 5 minutes.
4. Uncover pan and fluff the rice with a fork.
5. Gently stir in the toasted almonds and Sue Bee® Honey.
6. Transfer rice to a serving dish and serve.



*When you use 100% U.S.A. honey,
you are helping to support American
beekeepers and American agriculture.*

Beet Salad with Honey Harvest Dressing



Dressing:

- 1/2 cup Sue Bee® Honey
- 3 tablespoons vegetable oil
- 3 tablespoons apple cider vinegar
- 3 teaspoons fresh garlic, minced
- 1/3 teaspoon oregano
- 1/3 teaspoon thyme

In a medium bowl, whisk together dressing ingredients, then set aside while you prepare salad.

Salad Ingredients:

- 2 pounds medium-size beets
- 1 cup apple juice
- 1 cucumber, thinly sliced
- 6 ounces goat cheese, crumbled into small pieces
- 1/2 pound lettuce greens

Directions:

1. Place beets in a medium-size pot and cover with cold water and apple juice. Bring the water to a boil and then reduce to a simmer. Cook the beets until they are tender, 35-40 minutes. Remove from heat and drain thoroughly in a colander. Peel and cut the beets into wedges.
2. Add the cooked drained beets to the dressing, toss to coat and refrigerate for 1 hour.
3. Add cucumber slices and goat cheese to the lettuce mix. Add the beet mixture. Lightly toss to coat and incorporate all ingredients.



Main Dishes

Salmon with Honey-Citrus Glaze

Ingredients:

- 1/4 cup Sue Bee® Honey
- 4 salmon fillets, skin on
- 2 tablespoons orange juice
- 2 tablespoons lime juice
- Coarsely ground sea salt
- Fresh ground black pepper

Directions:

1. Line 9-by-13-inch baking pan with foil; coat with cooking spray to prevent sticking.
2. Preheat oven to 400 F.
3. In a small mixing bowl combine the Sue Bee® Honey, orange juice, lime juice, salt and pepper.
4. Place fillets skin side down in pan.
5. Spoon honey mixture over the fillets.
6. Bake for 10-12 minutes until the salmon is cooked throughout and can be flaked with a fork.
7. Serve with rice or your favorite side.



*Blueberries and cherries
are 90 percent dependent on
honey bee pollination.*

Honey- Glazed Pork Chops



Ingredients:

- 1/2 cup Sue Bee® Honey**
- 4 bone-in pork loin chops, 1-inch thick**
- 4 tablespoons packed brown sugar**
- Coarsely ground sea salt**
- Fresh ground black pepper**

Directions:

1. Preheat oven to 350 F.
2. Sprinkle chops with salt and pepper on both sides.
3. Place a skillet that has been coated with cooking spray over medium-high heat.
4. Add pork chops. Cook until brown, turning each chop once.
5. Line a 9-by-13-inch baking pan with foil and coat with spray. Place chops in the pan.
6. In a small sauce pan combine Sue Bee® Honey and brown sugar. Warm over medium-low heat, stirring until ingredients are well-blended.
7. Spoon half of mixture over the pork chops.
8. Bake, uncovered, for 15 minutes. Remove pan from oven; flip the chops and spoon remaining honey mixture over the pork. Continue baking until the internal temperature of meat is 145 F, approximately 15-20 minutes.
9. Remove from oven; let stand for 10 minutes.
10. Spoon pan drippings over chops and serve.

Ham with Five-Spice Vegetables

Ingredients:

- 2 tablespoons Sue Bee® Honey
- 2 tablespoons reduced-sodium soy sauce
- 2 cups sliced carrots
- 1 cup fresh or frozen sugar snap peas
- 1 cup broccoli slaw mix
- 1 pound lower-fat cooked center ham
- 1 teaspoon cooking oil
- 1/2 - 3/4 teaspoon five-spice powder

Directions:

1. In a covered medium sauce pan boil 2 cups of water; add carrots and cook for 5 minutes.
2. Add sugar snap peas and broccoli slaw; return to heat and bring mixture to a boil.
3. Cook until the snap peas and broccoli are crisp but tender; drain. Set cooked vegetables aside.
4. Trim fat from ham and cut into 4 serving-sized pieces.
5. In a large skillet, cook ham in hot oil over medium heat until heated through, turning once.
6. Transfer ham to a serving platter; set aside but keep warm.
7. Stir five-spice powder into ham drippings in the skillet. Stir in Sue Bee® Honey and soy sauce. Bring mixture to a boil.
8. Gently stir in cooked vegetables; heat through.
9. Spoon honey vegetable mixture over ham before serving.



*100% of U.S. almond crops
rely on honey bee pollination.*

Hearty Honey- Glazed Meatloaf



Ingredients:

- 1 pound ground beef**
- 1 pound ground pork**
- 1 small onion, finely chopped**
- 1 clove of garlic, finely chopped or minced**
- 2 tablespoons fresh basil, finely chopped**
- 5 tablespoons fresh parsley, finely chopped**
- 2 teaspoons salt**
- 1 teaspoon pepper**
- 2 eggs, beaten**
- Honey Glaze (below)**

Directions:

1. Preheat oven to 350 F.
2. In a medium bowl, combine meats, onion, garlic, basil, parsley, salt, pepper and beaten eggs. Mix until all ingredients are blended.
3. Place in a baking dish that has been sprayed with cooking oil, shaping meat into a loaf.
4. Bake at for 40-45 minutes.
5. Prepare Honey Glaze (recipe below).

Honey Glaze for Meatloaf:

- 1/2 cup Sue Bee® Honey**
- 1/4 cup fresh lemon juice**
- 3 tablespoons of butter, melted**

1. In a small pan combine all the ingredients and heat to boil.
2. Remove meatloaf from the oven and spread the honey mixture over the top of it; return to the oven and bake an additional 15 minutes.
3. Remove meatloaf from the oven and let stand or rest for 10 minutes before serving.

Black Pepper Roast Beef with Honey-Glaze

Ingredients:

- 1/3 cup Sue Bee® Honey**
- 3 tablespoons coarsely ground black pepper**
- 1 1/2 tablespoons coarse sea salt**
- 1 4-5 pound beef round roast**
- 4 tablespoons balsamic vinegar**
- 2 tablespoons vegetable oil**

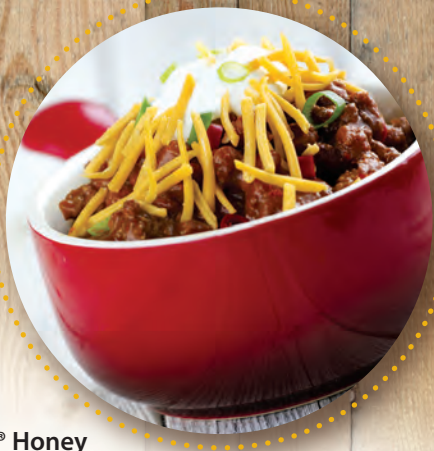
Directions:

1. Preheat oven to 400 F.
2. Rub salt and pepper over beef and place on a wire rack in a shallow roasting pan.
3. Place in oven and roast for 45 minutes uncovered.
4. Blend together Sue Bee® Honey, balsamic vinegar and oil in a small mixing bowl.
5. After the beef has roasted for 45 minutes brush the honey mixture over the beef.
6. Place the beef back in the oven and roast for an additional 15 minutes.
7. Reduce the oven to 350 F and continue to roast for 10-20 minutes more or until the beef has reached the desired degree of doneness you prefer.
8. Remove from oven. Let beef rest for 15 minutes, so that it will reabsorb pan juices before slicing.
9. Serve with pan juices drizzled over the top.



Honey bee pollination affects \$47 billion in U.S. crops.

Sassy Sweet & Spicy Chili



Ingredients:

- 1/2 cup Sue Bee® Honey
- 2 pounds ground beef
- 1 cup onion, chopped
- 1/2 cup green pepper, chopped
- 1 garlic clove, chopped
- 1 14.5-ounce can petite diced tomatoes
- 1 small jalapeno pepper, chopped
- 2 15-ounce cans chili beans
- 2 teaspoons chili powder
- 1 teaspoon thyme, chopped
- 1 teaspoon cumin
- 1/4 teaspoon cinnamon

Directions:

1. Crumble ground beef in a large stock or soup pot.
2. Brown ground beef; add onion, green pepper and garlic clove.
3. Cook the ingredients until the onion is almost translucent. Drain grease.
4. Add tomatoes, jalapeno pepper, chili beans, chili powder, thyme, cumin and cinnamon.
5. Stir all ingredients together well. Cover the pot and let simmer for 30 minutes.
6. After simmering, stir in the Sue Bee® Honey and serve.



Desserts

Baked Apples with Honey, Walnuts & Cinnamon

Ingredients:

- 1/2 cup Sue Bee® Honey
- 6 medium baking apples
- 1/3 cup brown sugar, packed
- 1/2 cup English walnuts, chopped
- 3/4 cup fresh cranberries
- 1/4 cup apple juice
- 1 teaspoon cinnamon powder
- 1/2 teaspoon nutmeg
- 6 tablespoons butter, melted

Directions:

1. Wash apples, remove top and apple skin from each apple, core and remove seeds. Place apples upright in a deep baking dish lined with foil.
2. Preheat oven to 350 F.
3. Mix Sue Bee® Honey, brown sugar, English walnuts, cranberries, apple juice, cinnamon powder, nutmeg and melted butter together in a small mixing bowl.
4. Stuff each apple with the honey cranberry mixture.
5. Bake for 35-40 minutes until apples are soft.
6. Serve warm with a side of vanilla ice cream.



You'll find thousands of delicious recipe ideas at suebee.com.

Cherry Tart with Goat Cheese Honey Filling



Tart Shell:

1 prepared pie crust

Roll out crust and place in a tart pan. Prior to baking, pierce sides and bottom of crust.

Bake as directed, remove from oven and set aside.

Egg Wash:

1 egg, beaten

1 tablespoon water

Mix egg and water. Brush egg wash over sides and bottom of baked crust. Place back in the oven to bake for 2-3 more minutes. Remove from oven and cool.

Cheese Filling:

1/3 cup Sue Bee® Honey

4 ounces goat cheese, crumbled

4 ounces low-fat cream cheese

1/3 cup sour cream

Cream Sue Bee® Honey, goat cheese, cream cheese and sour cream together until smooth. Set aside.

Cherry Topping:

3/4 pounds fresh bing cherries, cut in half and pitted

1/4 teaspoon freshly ground black pepper

2 teaspoons granulated white sugar

1/2 cup slivered almonds, toasted

Directions:

1. Preheat oven to 375 F.
2. Spread goat cheese filling over top of tart shell.
3. Arrange the pitted cherries, cut side down, over the filling, covering the entire area.
4. Sprinkle pepper and almonds over the cherries.
6. Sprinkle the granulated sugar over the entire tart.
7. Place tart in oven and bake for 5 minutes. Remove from oven and cool. Serve at room temperature.

Honey Pecan Pumpkin Pie

Ingredients:

- 3/4 cup Sue Bee® Honey
- 1 medium sugar pumpkin, seeded and halved or 2 cans pumpkin puree
- 1 1/4 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 2 cups heavy cream
- 3 eggs, beaten
- 2 9-inch unbaked deep dish pie crusts
- 3/4 cup chopped pecans

Directions:

1. Preheat oven to 375 F.
2. Place pumpkin halves cut side down on a medium baking sheet and cover with foil. Bake 90 minutes, or until flesh is easily mashed with a fork. Cool, scoop pumpkin flesh from shell and mash.
3. Increase oven temperature to 400 F.
4. In a medium bowl, mix mashed pumpkin, honey, cinnamon, ginger, cloves, nutmeg and salt. Gradually blend in heavy cream and eggs. Pour into crusts and top with pecans.
5. Bake pies in the preheated oven 50 minutes, or until a knife inserted in the center comes out clean.



Sue Bee® Honey has been supporting American beekeepers and U.S. agriculture since 1921.

Apple Raisin Bread Pudding



Ingredients:

- 3/4 cup Sue Bee® Honey**
- 2 cups whole milk**
- 4 large eggs**
- 3 tablespoons unsalted butter, melted**
- 1/2 teaspoon ground cinnamon**
- 1/8 teaspoon salt**
- 8 slices whole-wheat bread, cut into 3/4-inch cubes**
- 1 large Granny Smith apple, peeled, cored and chopped into 1/2-inch pieces or cubes**
- 1/2 cup raisins**

Topping:

- 1/4 cup raw sugar**
- 1/4 cup cinnamon**
- Dash of nutmeg**

Combine the sugar, cinnamon and nutmeg topping and set aside – this mixture will be sprinkled on top of the bread pudding after baking.

Directions:

1. Preheat oven to 350 F.
2. Butter an 8-by-8-inch glass baking dish.
3. In a large bowl, combine Sue Bee® Honey, milk, eggs, butter, cinnamon and salt. Fold in the bread cubes, apple and raisins.
4. Pour batter into prepared baking dish.
5. Bake pudding for 30 minutes, sprinkle with topping. Bake about 35 more minutes until the center is set.
6. Remove from oven and spoon into bowls. Top with whipped cream or vanilla ice cream.



Snacks

Ultimate Peanut Butter & Honey Grilled Sandwich

Ingredients:

- 2 tablespoons Sue Bee® Honey
- 1 tablespoon peanut butter, any variety
- 1 tablespoon raisins
- 1/2 Granny Smith apple, thinly sliced
- 1/2 teaspoon cinnamon sugar
- 2 slices of multigrain bread

Directions:

1. Mix the Sue Bee® Honey and peanut butter; spread on one slice of bread
2. Sprinkle raisins over the peanut butter, layer apple slices on the top and sprinkle with cinnamon sugar. Top with other bread slice.
3. Toast on a portable electric grill, panini grill or fry pan, until the bread is toasted and honey peanut butter mix is melted.



Foods that rely on U.S.A. honey bee pollination include apples, blueberries, melons, plums, squash, strawberries and peaches.

Heartland Honey Granola



Ingredients:

- 1/3 cup Sue Bee® Honey
- 3 cups quick cook oatmeal
- 1/4 cup wheat germ
- 1/2 cup roasted peanuts, chopped
- 1/4 cup walnuts, chopped
- 1/3 cup light brown sugar
- 1/4 cup canola oil
- 2 tablespoons water
- 1/2 teaspoon salt
- 1 teaspoon vanilla flavoring

Directions:

1. Preheat oven to 250 F.
2. Lightly coat a baking sheet with cooking spray.
3. In a large mixing bowl, combine oatmeal, wheat germ, peanuts and walnuts. Set aside.
4. In a medium bowl, combine Sue Bee® Honey, brown sugar, oil, water, salt and vanilla. Stir well.
5. Pour the honey mixture into the oatmeal mixture and blend well until dry ingredients are coated.
6. Spread ingredients out on prepared baking sheet.
7. Bake for 1 hour, stirring every 15 minutes. Remove from oven cool before serving.

Peanut Butter Honey Balls

Ingredients:

- 1/2 cup Sue Bee® Honey**
- 1 cup nonfat dry powdered milk**
- 1/2 cup peanut butter**
- 1/2 cup graham cracker crumbs**
- 1/2 cup English walnuts, chopped**
- 1/2 cup shredded coconut**

Directions:

- 1. In a medium bowl mix Sue Bee® Honey, powdered milk, peanut butter and graham cracker crumbs until well-blended.**
- 2. In a small bowl mix chopped walnuts and coconut. Set aside**
- 3. Shape honey mixture into balls and roll in chopped walnut coconut mix.**
- 4. Chill until firm. Serve.**



Sue Bee® Honey comes from known, trusted sources in the U.S.A. – providing you with a consistently delicious taste.



Product of U.S.A.

