

# HONEY RECIPES

from the  
**Texas Beekeepers Association**



SUSTAINABILITY – EDUCATION – INNOVATION – PASSION



# Working together for Texas beekeepers

## Texas Beekeepers Association

**Texas Beekeepers Association (TBA)** is a member based organization that represents all Texas beekeepers and local beekeeping associations. We work with scientists, educators, beekeepers, honey packers, vendors and others interested in the promotion of Texas beekeeping and real Texas honey.

## Real Texas Honey

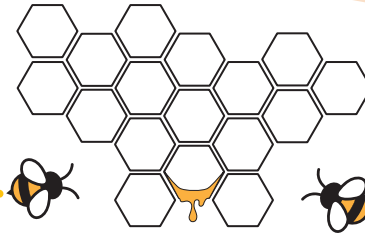
**RealTexasHoney.com** is a marketing tool for our members and is also a guide for consumers to find **Real Texas Honey™** from a local beekeeper. TBA is working to protect and assure the integrity of honey in the marketplace.

## Texas Honey Bee Education Association

**Texas Honey Bee Education Association** is a charitable research and education organization with a mission to further knowledge in the process of protecting honey bees and establishing more informed beekeepers.

**THBEA** exists to:

1. Enhance and expand the awareness of the contribution of honey bees to agriculture and society.
2. Create additional appreciation and interest in the profession of beekeeping through studies in technical and scientific subjects.
3. Strengthen beekeeper's skills through education programs.
4. Provide resources for continuing honey bee research particularly in areas that will:
  - advance honey bee culture – improve understanding and awareness of activities that impact honey bees
  - improve pollination
  - conserve biodiversity



# Honey Tips and Tricks



To substitute honey for granulated sugar, begin by substituting honey for up to half the sugar in the recipe. For baked goods, reduce the oven temperature by 25 degrees to prevent over-browning; reduce any liquid by ¼ cup for each cup of honey used; and add ½ teaspoon baking soda for each cup of honey used.



All honey will naturally crystallize. Store honey at room temperature. If it becomes crystalized, place the jar in a warm water bath and stir until the crystals dissolve. You may also microwave in a microwave-safe container with the lid off, stirring every 30 seconds until the crystals dissolve. Be careful not to boil or scorch the honey.



There are over 300 unique varieties of honey in the United States, each originating from a different floral source.



Honey provides natural energy and is rich in nutritious carbohydrates. It is ideal for your working muscles, since carbohydrates are the primary fuel for your body's energy!

Recipes from  
2017 Texas Honey Princess  
**MEGAN PETTIBON**



## Honey Banana Bread

### Ingredients

1 tsp. baking powder	½ cup rolled oats
2 eggs	½ tsp. salt
½ cup <b>Texas Honey</b>	½ cup unbleached flour
⅓ cup margarine	1 tsp. vanilla
1 tsp. nutmeg	½ cup walnuts, chopped
1 cup ripe banana, mashed	¾ cup whole wheat flour

### Directions

Cream honey and margarine in large mixing bowl until fluffy. Beat in vanilla. Add eggs one at a time, beating well after each addition. Combine dry ingredients. Add alternately with bananas, blending well. Stir in walnuts. Spoon into greased 9x5x3-inch loaf pan. Bake at 325°F 50 to 55 minutes or until wooden pick inserted near center of loaf comes out clean. Cool completely before slicing.

## Honey Buttercream Frosting

### Yield

Enough frosting to cover 12 large cupcakes with a small swirl, or 24 small cupcakes.

### Ingredients

½ cup unsalted butter, room temperature	¼ cup <b>Texas Honey</b>
2 cups powdered sugar	¼ cup full-fat sour cream, cold

### Directions

In a medium-sized mixing bowl, beat butter for three minutes with an electric mixer on high speed until light and fluffy. Mix in powdered sugar a little bit at a time until fully combined. Mix in honey and sour cream until combined. Spread or pipe onto cooled cupcakes.



## Honey Roasted Pecans

### Ingredients

2 cups pecan halves, shelled	½ tsp. cinnamon
¼ cup <b>Texas Honey</b>	

### Directions

Heat oven to 350°F. Place pecans in an even layer on baking sheet. Roast 12 to 15 minutes. Remove from baking sheet and place in large bowl. In saucepan combine honey and pecans. Cook over medium high heat, stirring until mixture simmers and foams (about 4-6 min). Stir in cinnamon. Transfer to a baking sheet (lined with wax paper for easy clean up) and separate with fork. Cool completely. Store in air tight container.





## Honey Lime Chicken Enchiladas

### Ingredients

2 large chicken breasts cooked and shredded	1 tsp. garlic powder
12 oz green enchilada sauce	8 medium tortillas
$\frac{1}{3}$ cup <b>Texas Honey</b>	2 cups mexican cheese shredded
$\frac{1}{4}$ cup lime juice (about 2 limes)	$\frac{3}{4}$ cup milk
1 Tbsp. chili powder	4 Tbsp. cilantro
	$\frac{1}{3}$ cup sour cream

### Directions

Preheat oven to 350 degrees. In a 9" x 13" baking dish, pour a few ounces of enchilada sauce to slightly cover the bottom of your dish. Set aside. Whisk together the Texas Honey, lime juice, chili powder and garlic powder. Pour this marinade over the shredded chicken and stir so all chicken gets covered in marinade. Let sit for 30 minutes. Place chicken into middle of tortilla and top with cheese. Roll tightly and place into baking dish. Repeat. Sprinkle remaining cheese on top. Coat the enchiladas with the leftover marinade using a pastry brush. Bake for 20 minutes or until tortillas are slightly brown.

While enchiladas are in the oven, make the enchilada sour cream sauce by placing the milk, remaining enchilada sauce, 2 tablespoons cilantro, and 2 tablespoons sour cream in a small saucepan on medium heat. Stir frequently until thoroughly heated. Drizzle the enchilada sour cream sauce as desired onto enchiladas which can also be topped with leftover sour cream and cilantro. Enjoy!

## Honey-Peanut Butter Protein Energy Bites

### Ingredients

1 $\frac{1}{4}$ cups old fashioned oats	1 scoop whey protein powder
3 Tbsp. shredded coconut	$\frac{1}{2}$ cup <b>Texas Honey</b>
$\frac{1}{2}$ cup sliced almonds finely chopped	$\frac{1}{2}$ cup dried apricots chopped
1 Tbsp. hemp seeds shelled (optional)	$\frac{1}{2}$ cup peanut butter

### Directions

In a medium bowl add the oats, coconut, almonds, hemp seeds and protein powder. Stir until well distributed. Add the Texas Honey, apricots and peanut butter and stir well.

Put mixing bowl into the refrigerator for about 20 to 30 minutes. Then roll into rounded balls. When chilled, they can last about 5 days. Delicious!



## Honey Raspberry Citrus Lush

### Ingredients

1 $\frac{1}{2}$ cups fresh orange juice	1 $\frac{1}{2}$ cups frozen raspberries (or other berry)
$\frac{1}{2}$ cup <b>Texas Honey</b>	1 cup crushed ice
2 Tbsp. lemon juice	
2 Tbsp. lime juice	

### Directions

In a blender, combine orange juice, Texas Honey, lemon and lime juices until honey is dissolved. Add raspberries and ice. Puree. Serve in beverage glasses garnished with a lemon or lime wheel. Refreshing!



Recipes from  
2019 Texas Honey Queen  
**MARY REISINGER**



## Hot Honey Apple Cider

### Ingredients

½ gal. 100% apple juice with no sugar added	½ Tbsp. whole cloves spice
¼ cup orange juice	¼ tsp. all spice
1 Tbsp. lemon juice	3-4 cinnamon sticks
	½ cup <b>Texas honey</b>

### Directions

Mix all ingredients in large pot or slow cooker then place on medium heat to simmer for about 1 hour. Stir a few times throughout the hour.

## Honey Whole Wheat Pancakes

### Ingredients

1 cup whole wheat flour	3 Tbsp. oil
2 tsp. baking powder	1 cup buttermilk
½ tsp. salt	2 large eggs
1 Tbsp. <b>Texas honey</b>	

### Directions

Stir honey and oil together in a bowl. Add milk and eggs, then beat well. Mix dry ingredients into the liquids until flour is moistened.

## Honey Pecan Pie

### Ingredients

½ cup <b>Texas honey</b>	3 eggs, beaten
½ cup brown sugar	1 cup pecans
¼ cup butter	1 9-inch single pie crust

### Directions

Blend honey and brown sugar in a saucepan and cook slowly over medium heat, stirring until it becomes a smooth syrup. Remove from heat and stir in butter.

Mix in beaten eggs and pecans. Pour into pie shell then bake at 400° F for 10 minutes. Reduce temperature to 350° F and bake for 30 minutes, or until inserted knife comes out clean.



## Honey Coleslaw

### Ingredients

1 bag dry coleslaw mix (cabbage, carrots, etc.)	3 Tbsp. <b>Texas honey</b>
½ cup mayonnaise	½ tsp. salt
2 Tbsp. vinegar	¼ tsp. onion powder
	¼ tsp. celery seed

### Directions

Combine ingredients and pour over shredded coleslaw mix. Chill and serve.



Recipe from  
2020 Texas Honey Queen  
**VIRGINIA ALLEN**



## Honey Glazed Carrots

### Ingredients

¼ cup butter	Freshly ground black pepper
2 Tbsp. <b>Texas Honey</b>	15 carrots (2 lbs.), peeled and halved lengthwise
½ tsp. dried rosemary	Fresh thyme, for garnish (optional)
½ tsp. garlic powder	
Kosher salt	

### Directions

Preheat oven to 400°F. In a saucepan over low heat, melt butter. Stir in honey, rosemary, and garlic powder and season with salt and pepper. Place carrots on a large baking sheet. Pour over glaze and toss until coated. Roast until caramelized and glazed, 35 to 40 minutes. Garnish with thyme, if desired, before serving.

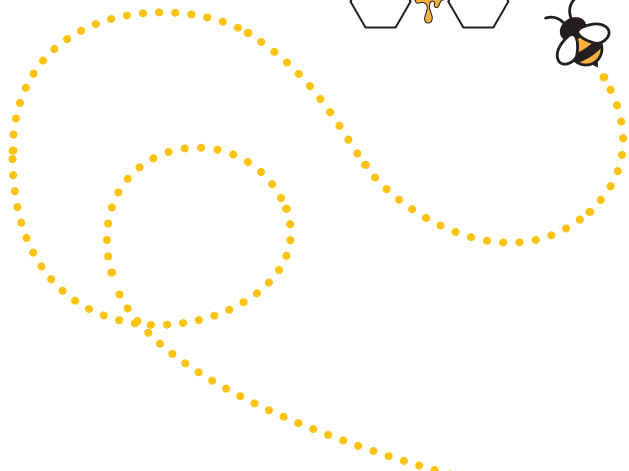
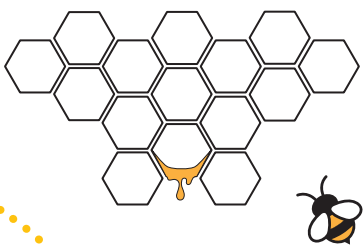


Photo by:  
**Ethan Calabrese**

Recipes from  
2020 Texas Honey Princess  
**BLAKE NESTER**



## Honey Chews

### Ingredients

2 cups <b>Texas Honey</b>	2 Tbsp. olive oil (optional)
2 cups water	1 ml. essential oil of choice

### Directions

Combine honey and water in a pot. Heat on high and continually stir. Add olive oil to mixture if it starts to boil over. Using a candy thermometer, measure the heat of the mixture until it reaches 300 degrees.

Take off heat and add in essential oils. Pour into a silicone mold or pour small dots onto wax paper. Wait until cool and wrap in parchment paper. Store in refrigerator and enjoy!



## Honey Balsamic Salmon

### Ingredients

1 ½ lb. salmon	1 Tbsp. minced garlic
¼ cup <b>Texas Honey</b>	½ cup balsamic vinegar of choice (I prefer raspberry)
¼ cup melted butter	

### Directions

Set oven to 350 degrees.

Place salmon on a pan lined with tin foil. In a small microwave safe bowl, melt butter. Stir in honey, balsamic and garlic. Spread honey sauce all over salmon and bake for 50 min. Enjoy!



# Contact us for more information:

## **Leesa Hyder**

Executive Secretary  
(281) 460-0344  
execsec@texasbeekeepers.org

## **Ashley Ralph**

President  
(979) 777-2529  
ashley@primebees.com

## **Shirley Doggett**

Membership Director  
(512) 924-5051  
sdoggett@minspring.com



[www.texasbeekeepers.org](http://www.texasbeekeepers.org)



@texasbeekeepers



/texasbeekeepers