

## BLUEBERRY MUFFINS

2 c. all-purpose flour	¼ c. honey
2 tsp. baking powder	2 lg. eggs
¾ tsp. salt	1 tsp. vanilla extract
½ c. light margarine, softened	½ c. low fat milk 1 %
1 c. Splenda (No calorie sweetener) granulated	1 c. fresh or frozen blueberries, thawed

Place oven rack in top ⅓ of oven. Preheat oven to 400°. Line 12 muffin cups with paper liners. Lightly spray liners with non-stick cooking spray. Sift flour, baking powder and salt. Set aside. Beat margarine at medium speed with an electric mixer until creamy. Gradually add Splenda granulated sweetener and honey, beating until light and fluffy. Add eggs one at a time, beating until blended after each addition. Stir in vanilla. Alternately add flour mixture and milk, beginning and ending with flour mixture. Beat at low speed until blended after each addition. Fold in berries. Spoon batter evenly into paper-lined muffin cups. Bake 20 to 22 minutes or until golden. Remove from pan immediately and cool on wire rack. Note: To freeze muffins, wrap in heavy duty aluminum foil or place in a zip top freezer bag. Freeze up to 3 months.

## CROCKPOT COBBLER

2 c. peeled, sliced tart apples	¼ c. honey
2 c. granola cereal	2 T. melted butter
1 tsp. cinnamon	

Spray inside of 3 - 4 quart crockpot with nonstick cooking spray. Combine apples, cereal and cinnamon in crockpot and mix well. Stir together honey and butter and drizzle over apple mixture. Mix gently. Cover crockpot and cook on low 8 hours until apples are tender.

## FRIED BISCUITS

1 lg. can layered biscuits	Softened butter
Oil for frying	Sugar
Honey	Cinnamon

Take ½ stick softened butter and add enough honey to make a consistency that will come out of a "squeeze bottle" top. Set aside. In a heavy pan or a "Fry Daddy" fill ⅔ full of oil. Remove biscuits from can and stretch slightly. Drop into oil when it is 350°. These will float to the top immediately. Turn them over quickly with a fork and do not overcook. Remove immediately to paper towel to drain. Then quickly roll in cinnamon and sugar mixture and with the squeeze bottle insert into the biscuit and fill with the honey butter. Enjoy while they are warm.

## STEAK MARINADE

$\frac{1}{2}$  c. A. 1.  
2 T. Grey Poupon Dijon mustard

2 T. honey  
2 T. soy sauce

Mix the above ingredients in a non-metal bowl and put your steaks in a large Ziploc bag and then pour the marinade over them. Marinate for at least 1 hour and up to 4 hours. Take the steaks out and discard the marinade.

## PEANUT BUTTER PLEASER

½ c. creamy peanut butter      4 c. milk  
⅓ c. honey

Beat together peanut butter and honey in a blender or with electric mixer. Gradually add milk. Chill. Stir before serving. Variations: chocolate- reduce honey to 3 T. and add ½ cup chocolate syrup instead.

## CHICKEN WINGS HORS D'OEUVRES

1 c. honey  
1/2 c. soy sauce  
Salt & pepper to taste

Wash chicken wings well and cut off wing tips. Arrange in baking dish. Mix together other ingredients. Pour this mixture over chicken. Bake at 375° for 1 hour turning after ½ hour of baking.

# HONEY MUFFINS

Preheat oven to 400

In a bowl combine and mix well:

2 C flour

1/2 C sugar

3 tsp baking powder

1/2 tsp salt

In another bowl whisk together:

1 egg

1C milk

1/4 C butter

1/4 C honey

Stir into dry ingredients just until moistened.

Divide into 12 muffin cups. Bake 15-18 minutes or until toothpick inserted comes out clean.

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## *Honey Mustard Grilled Chicken*

4 boneless, skinless breast  
halves or 16 tenderloins

1/4 c. honey mustard salad  
dressing

3 Tbsp. dijon mustard

2 Tbsp. lemon juice

1 Tbsp. honey

1/2 tsp. salt

1/4 tsp. pepper

In a large bowl, whisk together dressing, mustard, juice, honey, salt and pepper. Add chicken and turn to coat well; cover and marinate in refrigerator 1 hour or overnight. Remove chicken from marinade and place on prepared grill about 6 inches from heat. Grill chicken, turning occasionally, about 35 minutes or until fork can be inserted with ease.

## LAYERED APRICOT SNACKING BARS

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|---|--|
| <b>1<math>\frac{2}{3}</math> cups (10-ounce package) HERSHEY'S Premier White Chips, divided</b> | <b>1 teaspoon vanilla extract</b>                          |
| <b>1 package (6 ounces) dried apricots, cut into <math>\frac{1}{4}</math>-inch pieces</b>       | <b>1 cup plus 2 tablespoons all-purpose flour, divided</b> |
| <b>1 cup boiling water</b>  | <b><math>\frac{1}{4}</math> teaspoon baking soda</b>       |
| <b><math>\frac{1}{2}</math> cup (1 stick) margarine, softened</b>                               | <b><math>\frac{1}{4}</math> teaspoon salt</b>              |
| <b><math>\frac{1}{3}</math> cup granulated sugar</b>  | <b><math>\frac{1}{2}</math> cup wheat germ</b>             |
| <b><math>\frac{1}{4}</math> cup packed light brown sugar</b>                                    | <b>2 tablespoons honey</b>                                 |
|   | <b>1 egg white</b>   |
|   | <b><math>\frac{1}{2}</math> teaspoon shortening</b>        |

1. Heat oven to 350°F.
2. Measure  $\frac{1}{3}$  cup white chips for glaze; set aside. In small bowl, stir together apricots and water; cover. Let stand 5 minutes; drain. Meanwhile, in large bowl, beat margarine, granulated sugar, brown sugar and vanilla until well blended. Stir together 1 cup flour, baking soda and salt; gradually add to margarine mixture, beating until well blended. Stir in remaining  $1\frac{1}{3}$  cups white chips; press mixture onto bottom of ungreased 8-inch square baking pan. Spread softened apricots over cookie base. Stir together wheat germ, remaining 2 tablespoons flour, honey and egg white until blended; crumble over apricots.
3. Bake 30 minutes or until wheat germ is lightly browned. Cool completely in pan on wire rack.
4. In small microwave-safe bowl, stir together reserved white chips and shortening. Microwave at HIGH (100%) 30 seconds; stir. If necessary, microwave at HIGH an additional 15 seconds at a time, stirring after each heating, just until chips are melted when stirred. Using tines of fork, drizzle mixture over top; let stand until glaze is firm. Cut into bars.  
*About 16 bars*

## *Jogging In A Jug*

- $\frac{1}{2}$  gallon apple juice  
 $\frac{1}{2}$  gallon grape juice

- $\frac{1}{2}$  c. honey  
6 oz. apple cider vinegar

Drink two or more ounces. It purifies your system. Store in refrigerator.



# CROCK POT BROWN SUGAR PINEAPPLE HONEY HAM

- 1 Ham, pre-cooked, spiral cut - bone-in or boneless, either will work
- 3 1/2 cups brown sugar
- 1/2 cup Raw natural Honey
- 1 20 oz can pineapple tidbits or chunks - do not drain
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## Instructions

1. In a large crock pot, over 6-quarts or larger, cover the bottom with only 2 cups of the brown sugar
2. Place ham on top of the brown sugar, open the slices slightly with your hands
3. Pour the Honey over the ham, evenly
4. Add the pineapple around the sides (with the juice) and some on top
5. Top with the remaining 1 1/2 cups of brown sugar, making sure it is evenly distributed over the entire top of the ham
6. Cover and cook on low for 3 1/2 - 4 hours.
7. ENJOY!

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## *Pecan Breakfast Bread*

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|---|----------------------------|
| 2 cans Pillsbury Refrigerator Quick Crescent Dinner Rolls | 2 Tbsp. honey              |
| 2 Tbsp. butter, softened                                  | 1/4 c. confectioners sugar |
| 1/2 cup sugar   | 2 Tbsp. butter             |
| 1 - 2 tsp. cinnamon                                       | 1 tsp. vanilla             |
| 1/4 c. pecans, chopped                                    | 1/4 c. pecan halves        |

Preheat oven 375 degrees. Unroll crescent rolls and separate into 16 triangles. Spread with 2 Tbsp. softened butter. Combine sugar, cinnamon and pecans. Sprinkle over triangles. Roll each triangle starting from wide end and rolling to opposite point. Place rolls point side down in greased 9 inch x 5 inch loaf pan forming two layers of eight rolls each. Bake at 375 degrees for 35 - 40 minutes until deep golden brown. Remove from pan at once, place right side up and drizzle with topping. Topping: In saucepan, combine honey, confectioners sugar, 2 Tbsp. butter, and vanilla. Bring to a boil, stirring occasionally. Stir in pecans and cool slightly.

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# Crock Pot Saucy Chicken Thighs

By bmcnichol on August 14, 2008

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- Prep Time: 5 mins
- Total Time: 6 hrs 5 mins
- Servings: 6

## INGREDIENTS

- 9 bone-in chicken thighs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 cups barbecue sauce
- 1/2 cup honey
- 2 teaspoons prepared mustard
- 2 teaspoons Worcestershire sauce
- 1/8 teaspoon hot pepper sauce

## DIRECTIONS

1. Place chicken in crock pot and add salt and pepper.
2. Combine barbecue sauce, honey, mustard, Worcestershire sauce and hot pepper sauce and pour over chicken.
3. Stir to coat.
4. Cook on low 4-6 hours.

## SALMON BAKE WITH PECAN CRUNCH COATING

*Susan Williams*

4-6 OZ. SALMON FILETS

### COATING:

2 TBSP. DIJON MUSTARD

2 TBSP. MELTED BUTTER

4 TSP. HONEY

1/4 CUP FRESH BREAD CRUMBS

1/4 CUP PECAN OR WALNUTS  
(FINELY CHOPPED)

2 TSP. PARSLEY (CHOPPED)

▼ MIX MUSTARD, BUTTER AND HONEY IN SMALL BOWL; SET ASIDE.

MIX BREAD CRUMBS, PECANS AND PARSLEY IN SMALL BOWL; SET ASIDE.

SEASON SALMON FILETS WITH SALT AND PEPPER. PLACE ON LIGHTLY GREASED BAKING SHEET.

BRUSH EACH FILET WITH MUSTARD-HONEY MIXTURE. PAT TOP OF EACH FILET WITH PECAN-BREAD CRUMB MIXTURE.

BAKE AT 450 DEGREES FOR 10 MINUTES OR UNTIL SALMON JUST BEGINS TO FLAKE EASILY WHEN TESTED WITH FORK. SERVE WITH LEMON WEDGES.