



New Year's Honey-Honey Drizzle

By Dylan Sabuco

Prep Time 2 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- Small bowl
- Cutting board + kid-safe knife
- Citrus juicer (optional)
- Liquid measuring cup
- Whisk

Ingredients

New Year's Honey-Honey Drizzle

- 1/3 C honey or agave syrup
- 1/2 lemon

Food Allergen Substitutions

New Year's Honey-Honey Drizzle

Vegan: Substitute agave syrup for honey in Drizzle.

Instructions

New Year's Honey-Honey Drizzle

squeeze + whisk

In a small bowl, measure **1/3 cup of honey** and the juice from **1/2 lemon**. Whisk to combine. That's it! Drizzle this tasty glaze over Puff Puff the Nigerian Doughnuts (see recipe) or any doughnuts!

Featured Ingredient: Honey!

Hi! I'm Honey!

"I'm a golden, thick, naturally sweet liquid made by honeybees! My flavor varies depending on the particular flower nectar that bees carry home to their hive. Did you know I can last indefinitely? That's forever! Try squeezing or dribbling me into tea, on biscuits, toast, or fruit, and add me to desserts."

Honeybees make honey—they are one of the world's insects that makes food people can eat. An average bee makes about one-twelfth of a teaspoon of honey during its whole life.

In Spain, an 8,000-year-old cave painting in the Cuevas de la Araña (Spider Caves) depicts a person gathering honey from a beehive.

Egyptian hieroglyphs record the practice of beekeeping in ancient Egypt and honey's use as a sweetener and as a soothing ointment for wounds. Egyptians also buried their dead with honey or used it in mummification.

Ancient Greece had its beekeepers, and references to honey also appear in ancient Indian and Israelite texts.

Honey has an indefinite shelf life—it can last forever if well stored because it has natural preservatives. It may crystallize eventually, but the crystals will melt if you warm it by putting the jar in a bowl or pot of hot water or in the microwave on low power.

People initially used honey as a culinary sweetener but now recognize it as a healing ingredient in medicinal treatment. For example, honey can help soothe a cough or sore throat and heal burns or cuts on your skin.

Eating local honey, made from bees living in the same area where you live, may help you build up a resistance to pollen, thereby reducing your allergies. However, there is not sufficient evidence for this. Infants do not yet have any resistance to the bacteria in honey, so keep it out of their diet until they are over one year old.

Honey consists primarily of fructose and other natural sugars and has insignificant amounts of vitamins and minerals, so it is wise to limit your honey intake as you do with other sugars.

Honey soaks up moisture rapidly. To make cake and cookies last longer and retain their moistness, substitute half of the sugar in a recipe with honey.