



## Warm Honey Bear Tea

By Dylan Sabuco

**Prep Time 5 / Cook Time 5 / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**simmer:** to cook a food gently, usually in a liquid, until softened.

### Equipment

- Large saucepan
- Liquid measuring cup
- Wooden spoon
- Pitcher

### Ingredients

Warm Honey Bear Tea

- 1/2 C honey
- 3 1/2 C water
- 3 whole stems of mint (not the leaves—you can use the leaves in Couscous and White Bean Confetti Tabouli or another recipe)

### Food Allergen Substitutions

Warm Honey Bear Tea

### Instructions

## Warm Honey Bear Tea

### measure + simmer

Measure and combine **1/2 cup honey** and **3 1/2 cups water** over medium high heat in a large saucepan. Stir until the honey is completely dissolved, then bring the mixture to a simmer for 5 minutes.

### stir + cool

Remove the leaves from **3 mint stems** (reserve leaves for Couscous and White Bean Confetti Tabouli or another recipe). Then, stir the stems into the honey and water mixture. Turn the heat off and let the tea cool for a few minutes before you serve it. You can also transfer the tea to a pitcher and chill it in your refrigerator for Iced Honey Bear Tea. Enjoy!

## 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.