



Honey Vanilla Mint Dipping Sauce

By Erin Fletter

Prep Time / Cook Time / Serves -

Fun-Da-Mentals Kitchen Skills

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

mix: to thoroughly combine two or more ingredients until uniform in texture.

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

Equipment

- Small bowl
- Liquid measuring cup
- Measuring spoons
- Citrus juicer (optional)
- Wooden spoon or spatula

Ingredients

Honey Vanilla Mint Dipping Sauce

- 1 handful fresh mint leaves
- 1 C yogurt ****(DAIRY ALLERGY: sub coconut cream)****
- 1/4 cup honey
- 1/4 teaspoon vanilla extract
- 1/2 lemon or orange, juiced

Food Allergen Substitutions

Honey Vanilla Mint Dipping Sauce

Dairy: Substitute coconut cream for the yogurt in the Honey Vanilla Mint Dipping Sauce.

Instructions

Honey Vanilla Mint Dipping Sauce

tear + squeeze + mix

Have kids tear up 1 handful of fresh mint leaves and add to a small bowl. Measure **1 cup yogurt**, **1/4 cup honey**, and **1/4 teaspoon vanilla extract** and add to the bowl with the mint. Squeeze the juice of **1/2 of a lemon or orange** into the bowl and mix together.

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.