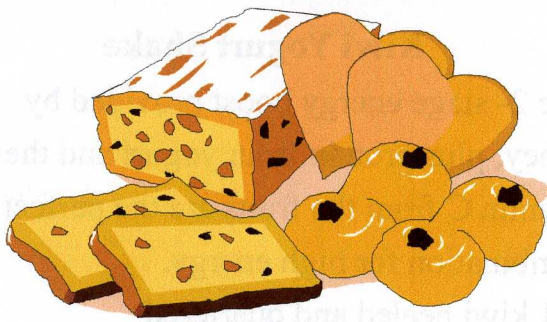




Low Fat Raisin and Honey Bread

300g / 10oz. plain flour
 1 1/2 teaspoons baking powder
 1/2 teaspoon bicarbonate of soda
 1/2 teaspoon salt
 300ml / 10 fl oz. plain yogurt
 2 egg whites
 2oz. raisins
 2 tablespoons honey

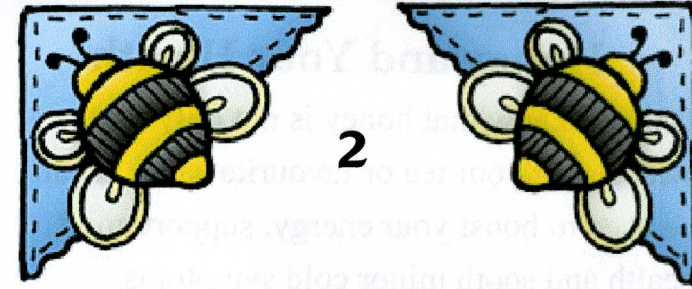
Method:

Pre-heat oven to 425F/ 220C/Gas Mark 7.
 Mix flour, baking powder, salt and bicarb.
 Whisk together egg whites and yogurt.
 Then fold into the flour mixture with raisins and honey.
 Grease large loaf tin and spoon in mixture.
 Bake for 20 minutes until golden.

Honey Drop Scones

225g / 8oz. self-raising flour
 1/2 teaspoon mixed spice
 55g / 2oz. caster sugar
 1 tablespoon clear honey
 1 egg, beaten
 300ml / 1/2 pint milk
 oil for cooking

Method: Place the flour, mixed spice and sugar in a bowl making a well in the centre. Mix the honey and egg together and pour into the centre of the flour mixture. Gradually add milk, beating well until smooth. Use oil to grease lightly a heavy based frying pan or griddle and heat until moderately hot. Drop 1 tablespoonful of mixture on to the pan and cook until bubbles appear on the surface and the underside is golden brown. Turn over, cook the other side for 1-2 minutes. Place between a tea towel or kitchen paper and keep warm. Repeat until all the batter is used.



HONEY RECIPES FOR HEALTH



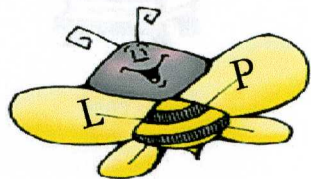
Honey and Your Health

Did you know that honey is not only for sweetening your tea or favourite cake? It can be used to boost your energy, support good health and sooth minor cold symptoms.

Hippocrates, the father of modern medicine, realized honey's healing powers in the 1st century BC and prescribed it regularly to his patients for such conditions as skin disorders, sores, ulcers, respiratory ailments and fever.

The Physicians of Ancient Rome prescribed honey to their patients who had trouble sleeping. Even today, we might have a glass of warm milk sweetened with honey to ensure a restful sleep.

Perhaps one of the most ancient uses of honey as a healing agent, (as early as 2,500 BC), was for wounds, burns and cuts. Honey is now being used again as an anti-microbial agent in the fight against new strains of bacteria which do not respond to conventional treatments. It is also suggested that hay fever sufferers can help their immune system by eating local honey.



Citrus & Honey Sore Throat Remedy

This lemony remedy is effective at soothing mild sore throats.

- 4 tablespoons honey
- juice of a large lemon
- 3 teaspoons vegetable oil
- 1/4 teaspoon ground ginger

Method: Mix all ingredients together in a small jar. Every hour, take 1 teaspoonful in your mouth and gargle. Then swallow the remedy.



Honey and Sage Cold Syrup

Relieve a sore throat and other cold symptoms with this home remedy infused with sage.

- 1 teaspoon chopped sage
- 1/3 cup, plus 1 tablespoon honey
- 1/4 cup apple cider vinegar

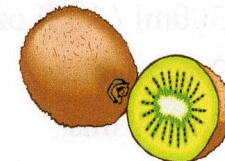
Method: Steep sage in a cup filled with boiling water for 10 minutes. Strain out sage and allow the mixture to cool. Place honey in a jar and add vinegar and sage. Shake well. Take 2 teaspoonfuls every hour.

Kiwi Yogurt Shake

The 2- stage energy boost provided by honey, plus protein from yogurt and the vitamin C from the fruits are the perfect combination for high energy.

- 1 kiwi peeled and quartered
- 1/2 cup strawberries washed and hulled
- 1 cup plain yogurt, low fat
- 2 tablespoons honey
- 2 tablespoons orange juice

Method: Combine all ingredients in a blender until smooth. Serve immediately. Makes one serving.



Good Morning Honey Smoothie

- 250 ml low-fat milk
- 250 ml low-fat yogurt
- 2 tablespoons crushed ice
- 2 tablespoons honey
- 1 banana

1 tablespoon wheat germ or oat bran

Method: Place all ingredients in the blender and blend until smooth. Add extra fruit if preferred.

Serves 1 -2