



## **Sweet As Honey**

Honey is a natural sweetener, it is used in lotions and soups to increase moisture and honey has been used for centuries as a way to soothe a sore throat. Many people use honey in cooking and baking. Here's a fun, kid-friendly recipe:

### **Honey Krispie Bars**

#### **Ingredients:**

- 3/4 cup Honey
- 3/4 cup peanut butter, chunky
- 3 1/2 cups Rice Krispies
- 1 tsp. vanilla
- 1 cup chocolate chips
- 1/2 cup butterscotch chips



**Instructions:** Bring Honey and peanut butter just to a boil. Add vanilla and cereal. Mix well. Pack into ungreased 9" x 13" pan. Melt chocolate chips and butterscotch chips together and spread over bars. Let cool and enjoy.

Recipe by: Carol Shaw, Best of Show Award, Cooking with Honey Contest, American Beekeeping Federation, 2009.

Honey should not be fed to babies under one year of age. Honey is a safe and wholesome food for older children and adults.

**Newspaper Activity:** Look through the local newspaper (print or online) and other sources for recipes that uses honey. If not, honey can be used as a substitute for all or part of the sugar in a recipe. For more honey usage and storage tips go online to **[www.honey.com](http://www.honey.com)**.