



HONEY

A Functional Food

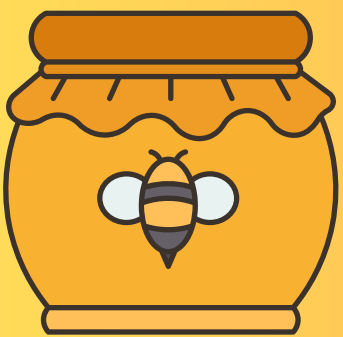


ORIGIN

Honey has been harvested for more than 8,000 years. Honey is made by honey bees collecting nectar from flowers. This nectar is broken down into simple sugars stored in the honeycomb. Bees store honey as food for the colony during the winter, and excess honey is harvested by beekeepers to keep the hive healthy.

CALORIES & NUTRIENTS

- Energy: 63.8 kcal
- Fiber: 0.042 grams
- Calcium: 1.26 mg
- Potassium: 10.9 mg



HEALTH BENEFITS

- Anti-inflammatory
- Antioxidant
- Antibacterial/antimicrobial
- May have protective effects
- Natural energy
- Cough suppressant

TOO MUCH HONEY?

- High glucose blood sugars
- Stomach issues
- Allergies
- Hypotension
- Weight gain
- Dental issues



FUN FACTS

- Over 300 varieties of honey
- Honey NEVER spoils
- 1 ounce of honey can fuel a bee's flight around the world
- 1 pound of honey is made by 2 million flower visits
- Honey is a natural energy boost due to the glucose and fructose

HONEY-PEANUT BUTTER PROTEIN ENERGY BITES



YIELD: Makes 2 dozen

INGREDIENTS

- 1 1/4 cups - old fashioned oats
- 3 T - shredded coconut
- 1/2 cup - sliced almonds, finely chopped
- 1 T - hemp seeds, shelled (optional)
- 1 scoop - whey protein powder
- 1/2 cup - honey
- 1/2 cup - dried apricots, chopped
- 1/2 cup - peanut butter



DIRECTIONS

In a medium bowl add the oats, coconut, almonds, hemp seeds and protein powder. Stir until well distributed. Add the honey, apricots and peanut butter and stir well.

Put mixing bowl into the refrigerator for about 20 to 30 minutes. Then roll into rounded balls.

When chilled, they can last about 5 days.

REFERENCES

- National Honey Board- honey.com
- "Fun Bee and Honey Facts"- maine.gov