

Bee Sweet Banana Bread

- 1/2 cup honey
- 1/3 cup butter or margarine
- 1 teaspoon vanilla
- 2 eggs
- 1/2 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1/2 cup quick-cooking oats
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon ground nutmeg
- 1 cup mashed ripe banana
- 1/2 cup chopped walnuts

Cream honey and butter in large bowl with electric mixer until fluffy. Beat in vanilla. Add eggs, one at a time, beating well after each addition. Combine dry ingredients in small bowl; add to honey mixture alternately with bananas, blend well. Add in walnuts. Spoon batter into greased and floured 9x5x3-inch loaf pan. Bake in preheated 325°F oven 50 to 55 minutes or until a wooden toothpick inserted near center comes out clean. Cool in pan on a wire rack 15 minutes.

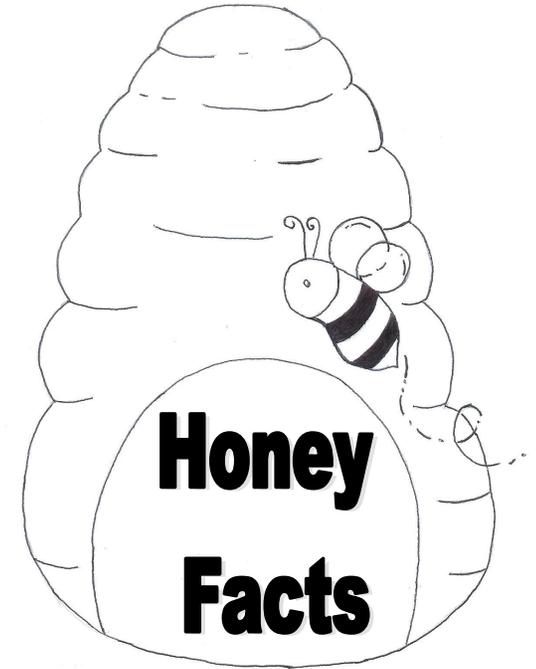


Lewis' Farm Market is located 25 miles north of Muskegon, or 25 miles south of Ludington, on U.S. 31, only 1/4 mile east of the New Era exit on route M-20. Exit 140



4180 W. M 20
New Era MI 49446
231-861-5730
www.lewisfarmmarket.com

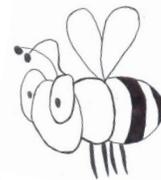
Lewis' Farm Market and Petting Farm



Benefits Of Honey

- Honey fights infections and helps to reduce inflammation and scarring.
- Before exercising taking a spoonful of honey can give you a natural boost of energy
- Honey is a immunity system builder. Honey's antioxidants help improve the digestive system as well as keeping your overall body healthy.
- Honey has been known as one of the most useful natural remedies and cures a wide range of ailments like stomach aches and migraines.

- Sugar can be substituted with honey in many foods as a natural sweetener.
- Honey contains vitamins and minerals such as vitamin C, calcium and iron.
- Honey consumed with water has been linked to weight loss because it helps the digestive system speed up to burn stored fat. Cinnamon and lemon juice also combine with honey aid with weight loss.
- Eating honey from local plants can help to prevent seasonal allergies.
- Our honey is locally produced by Oberlin's Honey Bees.



Resources:

www.benefits-of-honey.com

www.organicfacts.net

Recipes courtesy of:

www.honey.com/nhb/recipes

Honey Cherry Granola Bars

- 1/3 cup pure honey
- 1/4 cup butter, melted
- 3 egg whites
- 1 teaspoon cinnamon
- 1/2 teaspoon almond flavoring
- 3 cups low-fat granola
- 1/2 cup almonds, coarsely chopped
- 3/4 cup dried cherries

Preheat oven to 350°F. Whisk together honey, butter, egg whites, cinnamon and almond flavoring. Stir in granola, almonds and cherries. Spoon granola mixture into 9-inch, nonstick (or well greased) square pan. Using a piece of wax paper, firmly press granola mixture in pan. Bake 20 to 25 minutes or until lightly browned. Remove pan from oven and place on a cooling rack. Cool completely; cut into bars.