

## ALL-NATURAL BEAUTY RECIPES

Honey has been used as a beauty product since the days of Cleopatra. It continues to be featured in manufactured and homemade skin care and hair care products. As a natural humectant, honey has the ability to attract and retain moisture, making it ideal for use in moisturizing products. The following recipes allow you to make inexpensive, all-natural beauty products at home.

### Lavender-Honey Milk Bath

- 1/3 cup dried lavender flowers
- 3 cups whole milk, cream or combination
- 3/4 cup honey

Process lavender flowers in a blender until they become a powder, turning off the blender and scraping down the sides as necessary. Whisk together lavender powder, milk and honey in a glass bowl, then pour into a jar. Before each use, shake the jar and pour 1 1/4 cups into the bath. Store covered in the refrigerator for up to 1 week. Makes enough for 3 baths.

### Honey Almond Scrub

- 8 whole unblanched almonds, ground (2 tablespoons)
- 2 tablespoons rolled oats, uncooked
- 1 tablespoon honey
- 2 teaspoons yogurt, sour cream or lightly beaten egg white

Process the almonds and oats in a blender until they are finely ground. In a small bowl, mix the ground almonds and oats, honey and yogurt until blended. Pat the scrub on face and neck and upper chest; leave it on for up to 10 minutes for extra softening. Wet your hands and massage gently to exfoliate. Rinse off and pat dry. Makes enough for 1 scrub.

## A HONEY OF A GIFT

### Rosemary-Infused Honey

*Drizzle over warm Brie and serve with baguette slices. Or add to marinades and barbecue sauces.*

- 1 cup honey (such as clover honey)
- 3/4 cup fresh rosemary leaves

Place honey in a double boiler with water in bottom. Squeeze rosemary leaves to release flavor and add to honey. Bring water to a boil; bring honey to 185°F and keep at 185°F for 10 minutes. Remove from heat and let stand for 10 minutes. Strain while still warm. Place in sterilized jars and cap. Makes 1 cup.

- ◆ To make **Mint Honey**, substitute 1 cup loosely packed mint leaves for rosemary. **Serving suggestion:** Drizzle into hot or cold teas, add to dressing for fruit or green salads, or serve over pound cake or angel food cake.
- ◆ To make **Orange-Flavored Honey**, substitute the zest of one orange, cut in strips, for rosemary. **Serving suggestion:** Combine with butter and serve over sautéed vegetables. Makes a delicious topping for breads, biscuits, pancakes and French toast.



## A HONEY OF A RECIPE

### Fruit Salad with Honey-Lime Dressing



- 1/2 cup honey (such as clover or orange blossom honey)
- 1/2 cup lime juice
- Pinch of nutmeg or cinnamon
- 4 cups assorted fruit (berries, sliced apple, melon, peaches, plums, quartered kiwi, etc.)

In a blender or food processor, combine honey, juice and seasoning; blend until smooth. In a medium bowl, toss fruit with dressing and chill until ready to serve. Makes 4 servings.

*Nutritional analysis per serving: 237 calories, 1.6 g protein, 0.9 g fat, 61 g carbohydrates, 5 g fiber, 0 mg cholesterol, 10 mg sodium.*

## HONEY USAGE IDEAS

**Roasted Pepper, Honey and Balsamic Dressing:** Roast or grill 2 red bell peppers until charred; peel peppers and discard seeds. Puree in a blender with 2 tablespoons honey (such as star thistle honey), 2 tablespoons balsamic vinegar and salt to taste. Drizzle dressing over a composed salad of roasted chicken, cooked and sliced small red potatoes, blanched green beans, red onion slices and shaved Parmesan cheese.

**Sliced Tomato Platter:** Arrange sliced fresh tomatoes, cucumbers, feta cheese and ripe olives on a platter. Drizzle with equal parts of honey (such as sage honey), tarragon vinegar and extra virgin olive oil. Sprinkle with fresh chives.

**Grilled Corn with Honey-Lime Butter:** Melt 1/4 cup butter and stir in 2 tablespoons honey (such as clover honey), 1 tablespoon lime juice and salt to taste. Brush on ears of corn after grilling.

**Honey Caramelized Onion Pizza:** Sauté sliced onions in a little butter until tender. Stir in several tablespoons of honey (such as buckwheat honey) and continue to cook onions, stirring constantly, until golden brown. Arrange caramelized onion on a prepared pizza crust with sliced prosciutto, sliced fresh tomatoes, crumbled Gorgonzola cheese and minced fresh thyme; heat in a preheated 400°F oven for 10 to 15 minutes.

**Honey Crème Fraîche:** Stir together 1/4 cup crème fraîche and 1 tablespoon honey (such as orange blossom honey) and spoon over bowls of fresh berries: blueberries, blackberries, strawberries, raspberries.



FABULOUS!

### Honey-Dijon Dressing



- 1/4 cup honey (such as buckwheat or chestnut honey)
- 1/4 cup balsamic vinegar
- 3 tablespoons Dijon mustard
- 1 tablespoon chopped fresh thyme
- 1 tablespoon vegetable oil
- 1/4 teaspoon freshly ground black pepper

Combine all ingredients in a small bowl; mix well. Serve over grilled or sautéed vegetables, or toss with salad greens. Makes 4 servings.

*Nutritional analysis per serving: 120 calories, 1 g protein, 4.5 g fat, 21 g carbohydrates, 0 g fiber, 0 mg cholesterol, 290 mg sodium.*