

# THE HONEY EXCHANGE IN YOUR KITCHEN\*



## COOKING WITH HONEY

For sauces, marinades, salad dressings, etc: substitute honey (depending on your taste) for half to all of the sugar called for in your recipe.

## BAKING WITH HONEY

For baking, exchange honey for up to half the sugar in your recipe by following this procedure.

**FOR EACH 1 CUP OF HONEY USED:**

- Reduce any liquid by  $\frac{1}{4}$  cup
- Add  $\frac{1}{2}$  teaspoon baking soda
- Reduce oven temp by 25 degrees F

\*[www.honey.com](http://www.honey.com) is a fabulous honey website, especially for cooks!