

**Remember . . .**



**honey** used as a  
sweetener

toast  
biscuits  
cereals  
fruits  
beverages  
ice cream toppings

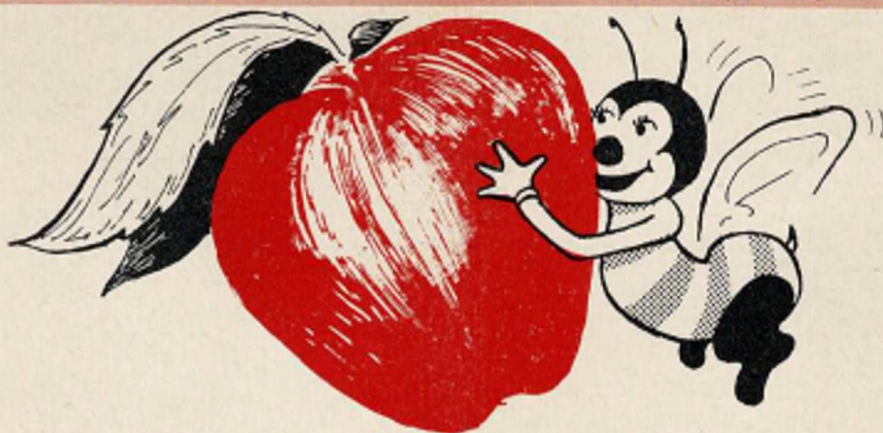
is **NATURALLY** good

for more recipes contact **MONA SCHAFER**

**CALIFORNIA HONEY ADVISORY BOARD** 2515 Huntington Drive, San Marino 9, Calif.

**FRIED APPLE RINGS**

**CHILI APPLE GARNISH**



**FRESH UNCOOKED APPLSAUCE**

**HONEY IS NATURALLY GOOD**

**APPLE HONEY TEMPTERS**

**HONEY APPLE LOAF BREAD**

**BITE-SIZE APPLE CAKES**

## FRESH UNCOOKED APPLESAUCE

"A HONEY OF AN IDEA"

- 3 red skinned apples
- 1 tablespoon lemon juice
- 1/4 teaspoon cinnamon or nutmeg
- 1/4 cup honey or more to taste
- 1/2 teaspoon salt to 1 quart water



Thinly slice cored (peeled or unpeeled) apples. If sauce is to be served uncooked, put prepared apples in bowl of salted water. Allow to stand 15 minutes to prevent discoloration. Combine lemon juice, cinnamon and honey. Put one-half of apple cubes into blender or food mill and add fruit juice mixture. Continue adding apples until all have been blended to a smooth sauce. Chill before serving.

1. Super to freeze in ice cube trays. Serve slightly defrosted as meat accompaniment.
2. Personalizes your cake mixes. Prepare your favorite cake mix, using 1 cup of uncooked applesauce. Follow directions found on cake mix box for balance of ingredients and for baking.
3. 1 cup of chilled uncooked applesauce used in place of 1 cup of liquid makes a zesty flavored apple gelatin salad. Apples may be grated on medium size grater.

## BITE-SIZE APPLECAKES

"EASY AS 1-2-3"

Here is a "Do It Yourself" easy fruit cake that is ready to eat when baked or just as delicious several months later. The rich flavor of the cake is enhanced by the use of fresh apples and honey.

- 1 15 ounce can sweetened condensed milk (not evaporated)
- 1/2 teaspoon cinnamon
- 1 package (14 ounces) pitted dates, finely diced
- 2 cups coconut (8 ounces) cut fine
- 1 cup pecans, chopped
- 1/2 cup candied cherries and pineapple diced
- 1 cup finely chopped fresh apples
- 2 tablespoons honey

In a large bowl, mix condensed milk, cinnamon, dates, coconut, pecans. Add candied fruit, reserving part of the cherries to decorate top of cakes. Blend fruit mixture with diced apple and honey. Oil small muffin pans thoroughly. Pack cake mixture in pans. Decorate tops of cakes with bits of candied cherries. Bake in slow oven (325 degrees F.) 45 minutes to 1 hour or until toothpick inserted in center comes out clean. Remove from pans at once. Cool before storing in closed container. Little cakes freeze beautifully and defrost in about 30 minutes. Yield 2 dozen Bite-Size Apple Cakes.





## HONEY APPLE LOAF BREAD

"EXTRA MOIST . . . DELICIOUS!"

2 cups sifted flour	1 cup honey
2 teaspoons baking powder	2 eggs
$\frac{1}{4}$ teaspoon soda	1 cup grated raw apple
1 teaspoon salt	2 tablespoons lemon juice, plus water to make $\frac{1}{4}$ cup
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{2}$ cup chopped nuts.
$\frac{1}{4}$ teaspoon nutmeg	
$\frac{1}{2}$ cup shortening	

Sift flour, baking powder, soda, salt, and spices together. Cream shortening. Gradually blend in  $\frac{1}{2}$  cup honey. Add eggs, one at a time, and beat until smooth. Combine balance of honey with grated apple and liquid. Add flour mixture alternately with apple liquid, stirring only until flour is well dampened. Add nutmeats. Pour into well-greased 9 x 5 x 3 inch loaf pan. Let stand 10 minutes before baking. Bake in 350 degree F. (moderate oven) 50 to 60 minutes or until loaf tests done in center. Cool thoroughly before slicing.

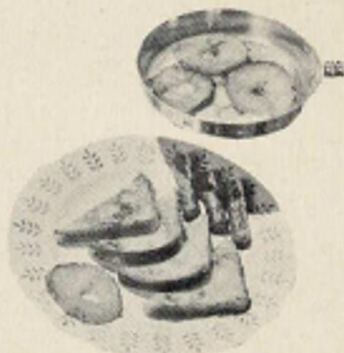
## FRIED APPLE RINGS

"MAKES THE MEAL"

Fried Apple Rings, French Toast, and sausage is hearty and heartening to serve for breakfast or supper during the fall and winter months. The use of honey with the butter gives the apple slices a glazed appearance—at the same time brings out the fragrance and flavor of the fruit. If the apple slices are added when the mixture is hot and bubbling, it also helps to keep the slices whole and attractive.

4 cooking apples, sliced
$\frac{1}{4}$ cup butter or shortening
2 tablespoons honey

Wash and core four medium size apples. Heat fat until melted. Mix in honey. When mixture is sizzling, cut apple rings directly into skillet. Do not overlap apple rings, just cover bottom of pan as they must be fried quickly and carefully. Baste hot fat over top of rings while frying, to brown lightly. With pancake turner—carefully remove to serving plate.



## CHILI-APPLE GARNISH

"A REAL SPICY TREAT"

It's often the garnish that makes the main course of the party meal, a conversation piece. When you serve Chili-Apple Slices with your holiday poultry or ham, you will be talked about — but in the nicest way. The garnish is sharp, tangy, colorful, and easy to make. Here's how it's done. ....

4 apples
2 tablespoons butter or margarine
1 tablespoon honey
1 cup chili sauce

Cut unpeeled apples into wedges. Melt butter in skillet. Add honey and chili sauce. Mix well. Heat until mixture bubbles. Add apple wedges and coat with chili mixture. Cook apple wedges until slightly soft, turning frequently to baste with chili mixture for 8 to 10 minutes. Remove to serving dish. Serve hot or cold as a meat accompaniment.

