

HONEY SUPPER PANCAKE SPREADS

Honey Almond Spread

$\frac{1}{2}$ cup honey
 $\frac{1}{4}$ cup butter or margarine
 $\frac{1}{2}$ cup cream or undiluted evaporated milk

$\frac{1}{2}$ cup ground unblanched almonds

● Combine honey, butter and cream. Bring to a boil and continue boiling 4 to 5 minutes or until mixture is a good thick syrup consistency; cool slightly. Stir in almonds. Serve over pancakes. Serves 5 to 6.

Honey-Coconut Spread

$\frac{3}{4}$ cup creamed or liquid honey
2 tablespoons butter, melted

$\frac{3}{4}$ cup shredded coconut, toasted

● Combine honey and butter and mix well; then add toasted coconut. Serve on pancakes. Makes $1\frac{1}{4}$ cups.
To toast coconut, spread it out thinly in shallow baking pan. Place in moderate oven (350° F.) and toast 5 to 7 minutes or until delicately browned. Stir coconut or shake pan often to toast evenly.

Orange Honey Sauce

● Blend enough honey into $\frac{1}{2}$ cup of orange juice to sweeten to taste. Add 1 tablespoon grated orange peel and blend well.

Fruited Honey Sauce

3 pears or apples cut in small pieces
1 cup honey

1 teaspoon lemon juice
1 teaspoon butter
Dash of cinnamon

● Combine all ingredients and cook slowly until the fruit is tender.

Honey Butter

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup honey

● Let butter stand at room temperature until softened. Gradually add an equal amount of honey beating well as honey is added.

To make Honey Orange Butter add 1 teaspoon of orange juice to Honey Butter or enough to make it of desired consistency and flavor.

HINTS

- Grease the griddle lightly with bacon or other fat or rub griddle with a salt bag before baking each batch of cakes. This keeps cakes from sticking. To make salt bag, tie $\frac{1}{4}$ cup salt in piece of cheese cloth.
- To make cakes of uniform size use $\frac{1}{4}$ or $\frac{1}{3}$ size measuring cup full of batter.
- Serve crisp Bacon or Sausage Links with pancakes.
- Serve baked cakes as soon as possible. If they cannot be served at once stack in warm oven with not more than 3 or 4 in stack.

For a free set of honey recipe leaflets write to

AMERICAN HONEY INSTITUTE
114 N. Carroll Street
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try
honey 'n
pancakes
so-o-o good!



HONEY 'N PANCAKES

Clear, sparkling honey poured in a fine stream from a pitcher or a non-drip container over delicious, golden-brown pancakes makes a breakfast treat for the entire family.

It is a breakfast of energizing goodness that prepares each one for a morning of vigorous activity. It is a breakfast with a delightful aroma that encourages the appetite of the hard-to-please. It is a breakfast simply made from the food supplies you have on hand; yet it is as delightfully eye-appealing as a holiday meal.

If you prefer honey of creamy consistency which is pure liquid honey transformed by a special process into solid form, place a heaping spoonful on top and between the hot pancakes. If you prefer liquid honey, it can be served heated or direct from a non-drip dispenser.

If you are making pancakes for your evening meal here are recipes for special spreads to serve with them. These spreads made with honey give pleasure in eating to the entire family.

GRIDDLE CAKES

1½ cups sifted flour	1 tablespoon melted butter
1 teaspoon salt	1¼ cups milk
1¼ teaspoons baking powder	2 tablespoons honey
2 eggs (separate yolks and whites)	

● Sift dry ingredients. Make a hole in center of dry ingredients and pour in the liquid ingredients (beaten yolks, melted butter, milk, honey.) Stir with a few swift strokes just to blend ingredients. Ignore the lumps. Fold in the beaten whites of eggs. Bake and serve with buttered honey, bacon, or sausage links.

Whole Wheat Pancakes—Use above recipe but use ¾ cup whole wheat flour and ¾ cup cake flour instead of the 1½ cups flour.

Flakes Griddle Cakes

1 cup bran flakes	1 egg, well beaten
1 cup pancake mix	1¼ cups milk
1 tablespoon sugar	3 tablespoons butter or other shortening, melted

● Crush cereal slightly. To pancake mix, add sugar; mix lightly. Combine egg and milk; add gradually to pancake mix, stirring only until smooth. Add shortening and cereal and mix thoroughly. Bake on hot lightly greased griddle. Roll up each pancake and serve with extracted or finely crystallized honey of creamy consistency which is also called solid honey.



DESSERT PANCAKES

Fruited Honey Pancakes for Dessert will Surprise and Delight Your Family

Fruited Honey Pancakes

● Prepare your favorite pancake batter using a quick, prepared pancake mix or your own favorite recipe. Add 1 tablespoon of honey, ¼ teaspoon mace, if desired, and 1 cup peeled, chopped apple to the batter. Bake small pancakes. Keep extra cakes warm in oven. Serve on warm plate with melted butter mixed half and half with honey.

Variations—To the batter add:

- (1) Drained crushed pineapple
- (2) Firm banana slices
- (3) Either fresh, frozen or canned blueberries that have been drained
- (4) Drained canned fruit cocktail
- (5) Finely chopped pecan meats

Allow three pancakes for each serving.