

# Honey Powder

## Nutrition Facts

340 servings per container

**Serving size** 1 Tsp (4g) Dry  
(about 1 Tsp prepared)

Amount per serving

**Calories** 15

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans Fat* 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 4g 1%

Dietary Fiber 0g 0%

Total Sugars 4g

Includes 4g Added Sugars 8%

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0mg 0%

Potassium 3mg 0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### DIRECTIONS:

Remove oxygen absorber and discard.

Re-hydration: Slowly add 1/4 Cup cold water to 1 Cup honey powder. Mix well. Heat mixture on low to dissolve sugars. Place in a covered jar and cool. Use as you would fresh honey.

Use as a sweetener, substitute for sugar or honey in recipes.

Sugar Substitute: Simply use dry honey powder instead of sugar at same measurement as called for in recipes.

Liquid Honey Substitution: 1 Cup liquid honey is equal to 1 Cup Honey Powder and 1/4 Cup water.

### Suggested uses for Honey Powder

- Add to your favorite herbal tea; honey is known for its soothing properties.
- Use to sweeten your favorite hot drink.
- Sprinkle on buttered toast, cereals or pancakes.
- In your favorite baked bean recipe.
- Making salad dressings.
- Coating in baked chicken.

**INGREDIENTS:** Honey powder (cane sugar, honey), fructose.

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