

Bee Happy Recipes!

Enjoy the
sweet taste
of honey
with
these three
delicious
treats



No Bake Honey Oatmeal Energy Bites

INGREDIENTS

1 1/2 cup - rolled oats
1/2 cup - wheat germ
1/2 cup - dried figs or dates
1/2 cup - pistachios, divided
4 T - chia seeds, divided
2 T - orange marmalade
1/2 cup - almond butter
1/2 cup - honey



DIRECTIONS

Line a baking sheet with parchment or wax paper

Combine the oats, wheat germ, dried figs or dates and 1/4 cup of the pistachios and 2 T of the chia seeds in the food processor and pulse a few times. Add the almond butter, honey, and orange marmalade. Process until well combined and until the “dough” begins to come together into a ball. Remove the mix to a bowl and chill for 30 minutes.

Finely chop the remaining pistachios and combine with the remaining chia seeds in a small bowl.

Scoop the chilled oat mixture onto the lined baking sheet, then with wet hands roll each ball to compress the ingredients and roll in the pistachio chia seed mixture. Place the finished bites back on the baking sheet and return to the refrigerator to chill again. Store in an air-tight container in the refrigerator up to a week.

TIP

You can substitute other nuts for the pistachios, such as almonds, pecans or walnuts.

Lemonade Honey Punch

INGREDIENTS

For Ginger Honey Syrup:

1 cup - honey
5 - thin slices of ginger, peeled
1/2 cup - water

For Lemonade:

1 cup - freshly squeezed
lemon juice
24 oz. - apple juice
5 cups - water
lemon slices, for serving

DIRECTIONS

Simmer the Ginger Honey Syrup ingredients in a heavy saucepan for about 30 minutes, set aside to cool. Remove the ginger slices and discard.

In a large pitcher combine the lemon juice, apple juice and water. Stir in the cooled Ginger Honey Syrup.

Fill each glass with ice and the lemonade, garnish with a lemon slice.

TIP

You can substitute club soda for the water if you prefer.



Pollinator Ice Pops

INGREDIENTS

For Ginger Honey Syrup:

1 cup of your favorite juice
Helped by pollinators. Fun
Choices include strawberry,
apple, orange & mango.

Diced fruit bits, if desired

DIRECTIONS

Pour 1 cup of your favorite juice into a measuring cup or other easy to pour bottle.

Add small diced pieces of fruit for extra texture and flavor.

Mix and pour into ice pop molds or ice cube trays. Place in the freezer until frozen.

Use as a pop or add to water or drinks for additional flavor.

TIP

Try mixing fruits for a punch pop! Other fruits that rely on pollinators include papaya, Kiwi, watermelon, cantaloupe, cucumber, peach, apricot, plum-- the list goes on!



Enjoy!

Consider sharing what you made with us on social media! You can tag us on Facebook and Instagram with **#loveplantingfields** and **#plantingfieldsfamilyexplorers**. You can also email us at info@plantingfields.org to be part of our Community Gallery or with any suggestions and thoughts. We'd love to hear from you!

Honey Oat Bites and Lemonade Honey Punch recipes courtesy of the National Honey Board. Find more tasty recipes at www.honey.com

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