

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.

SERVINGS	HONEY POWDER	WATER	YIELD
1	1 Tsp	1/4 Tsp	1 Tsp
6	2 Tbsp	1 1/2 Tsp	2 Tbsp
24	1/2 Cup	2 Tbsp	1/2 Cup
48	1 Cup	1/4 Cup	1 Cup

TO REHYDRATE:

1. Remove oxygen absorber and discard.
2. Using chart, slowly add cold water to honey powder.
3. Mix well. Bring mixture to a boil. Reduce heat to medium-high and continue to cook on a low boil for 5 to 10 minutes, stirring frequently.
4. Place in a covered jar and cool. Use as you would fresh honey.
 - **Sugar Substitute:** Simply use dry honey powder instead of sugar in 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 for baked chicken.

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

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